

ACUPRESSURE

Acupressure is a great boon given to mankind by the Creator/Nature.

Baby, even of one day, can take treatment of Acupressure—No Side Effects.

CANCER, can also be Prevented, Diagnosed and Cured at home.

Diagnosis made with Acupressure is not less than M. R. I. test—which can be done by one self and without any Cost.

Easy—most easy—even a child of 10 years can practise it & so it is Excellent.

FREEDOM from fears about all types of diseases, even Cancer and HIV/AIDS.

“FANTASTIC IS ACUPRESSURE”

DEFEAT THE DRAGON

**Cure of Dreaded diseases –
Common Cold, Asthma, Cataract,
Cancer, Thalessemia and AIDS
with
ACUPRESSURE**

**By
DEVENDRA VORA**

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FOREWORD

I have had the privilege of reading the manuscript of "DEFEAT THE DRAGON" authored by Dr. Devendra Vora. He is also the author of India's Best seller titled "HEALTH IN YOUR HANDS" based on Acupressure and other natural therapies. It is surprising to observe that even though Dr. Vora is a Commerce Graduate and a retired Exporter; he has carefully analysed all the dreaded diseases like Common cold, Asthma, Cataract, Cancer, Thalassemia and HIV/AIDS and made Researches about the CURES of them. This is a great achievement, because even the W.H.O. has admitted its helplessness about these dreaded diseases and even about common cold.

Today, the whole World is frightened about Cancer and HIV/AIDS. Dr. Vora has made useful research about them, tried the same on thousands of patients over the years. When found successful, he has revealed them for the benefit of mankind in this book in a simple and fluent language. This book will greatly enhance the importance of Alternative therapies-especially Acupressure. It has also given credit to the Open International University for Complementary Medicines, which has conferred upon him the honorary Degrees of D.Sc. and M.D. and has also awarded him Gold medal for his Research about Cancer. For the last ten years Dr. Vora has been associated with us in his researches.

No doubt mankind will greatly be benefitted by his useful books. It is gratifying to note that now this Dragon of dreaded diseases can be easily defeated in our homes and that too without cost. I am confident that very soon all the Medical Faculties of the World will include Acupressure and alternate therapies in their curriculum and accept these two valuable text books in their course programmes. I hope that his these two books will be available in the main languages of the World.

My best wishes and congratulations to Dr. Devendra Vora.

15th March, 1996

Lord Pandit Prof. Sir Anton Jayasuria

Dedicated
with Love
to
Mankind

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"Be a Doctor in 12 hours" based on his books
"Health in Your Hands" "Defeat the Dragon" & "Find out
Your Friends" Universities/Organisers to arrange such
a course may contact :

DEVENDRA VORA
C/o. PARAS PUBLICATION

PREFACE

I was in search of Health since the age of fifteen. I was suffering from cold and tonsilitis. My father had arranged to get my tonsils removed by operation. However, being an ardent follower of the apostle of Peace and Ahimsa, Mahatma Gandhiji, I believed in Nature Cure and somehow managed to avoid such an operation. Afterwards, my father never insisted on such operation. However, this problem of cold and tonsilitis continued. In spite of my regular habits in taking diet and exercises, my tonsils would flare up, become enlarged and I would get fever after every 40-45 days. When I had fever, I used to fast and drink hot water with black pepper added to it, apply Glycerine, Tannic acid on the tonsils and gargle with salt water. Sometimes I took Homeopathic medicines. This problem in minor or major form persisted for 35 long years. Then, on one of my business trips to U.S.A. and Canada, I came across a book on acupressure "Reflexology" (in hand) written by Mrs Mildred Carter. I was taught by my *Guru*, that, if we press very hard in the middle of two thumbs with small fingers, sneezing can be stopped. And so when I read this book, I was convinced that this health therapy is based on the same principle. I tried this method on myself. The result was instant and astonishing. When away from home for more than 10/15 days, I would get homesick and would not get proper sleep. But by following this method, I started getting good sleep. Again this therapy was put to test, when I was travelling by night bus from Montreal to New York. In the midnight, I could not resist scratching my teeth as a result of which the silver filling came out and I got severe cramps and pain. I was scared. However, I remembered about how to do anasthetic effect with Reflexology. As my last tooth on the right side was painig, I pressed hard the tip of my small finger of my right hand. To my great surprise, my pain subsided within a minute and I had no trouble about toothpain for the 30 days of my tour in the U.S.A. and the Continent. After reaching Mumbai, I again got the filling done by my dentist.

During this tour, I went to my niece in the States. Her ten-year-old daughter was suffering from severe bronchitis for about 15 days. I was now confident about this therapy of Acupressure; so I assured my niece that I would cure her daughter of bronchitis just by pressing certain points on her palms. My niece asked me to discuss on this matter with her husband, who was an M.D. In the evening, I put forward my suggestion before him. He agreed that just pressing on palms could do no harm and allowed me to give treatment to his daughter. The next day morning, I started giving treatment to my first patient. Two sittings were given on the first day. Within half an hour of the third sitting, the girl vomitted and all the congestion, thick mucus came out. After another half an hour, her constant fever became normal and she felt well. In the evening, when her doctor father examined her, he was surprised to observe that her severe bronchitis was cured. He gave me encouragement. When I came back to Mumbai, I made cyclostyled pamphlets and started propagating this health therapy to my relatives and friends. My business friends just laughed and made fun of me and my therapy. But when the mother of the Chairman of our Export Promotion Council, got cured of her paralysis within 15 days, my confidence boosted. Later on, I was introduced to Sri Morarjibhai Desai, who was then the Prime Minister of India and also holding the portfolio for Health and Family Welfare. He accepted this therapy but asked me to propagate this therapy through benevolent organisations. But I could not find even a single organisation who would adopt and spread such a useful therapy for the service of people. I requested the Prime Minister to propagate this therapy at Government level. But before anything could be finalised, his Government was toppled. Later on after a period of two years, when I met him in Madurai, he virtually ordered me like a father to write a book on acupressure. Before writing such a medical book, I studied in short about all the therapies of the world. Later on, my book "Health in Your Hand" a best seller in India and available in other languages such as Hindi, Marathi, Gujarati and Bengali, was published in 1984. At that time, I had not written about cancer. Somehow all these dreaded diseases posed a challenge to me. I devoted my time for the study of

cancer and just within six months, I got considerable success. Then, I worked for Muscular dystrophy and brain problems for another 5 years. Even the study of books about brain prescribed for the course of M.D., could not enlighten me about the working of the brain. In these books, the expert doctors have admitted that they know very little about Endocrine glands and the working of different organs of the brain. I diverted my study towards India. And to my great surprise, the working about different organs of brain is very well explained in *Rigveda* supposed to have been written about 8,000 to 10,000 years ago. And so I could tackle the dreaded diseases of Muscular dystrophy and brain problems. Later on, watching an episode of *Ramayana* on TV gave me a new insight about Diabetes. The same way just observing a bench, gave me an insight about the treatment of Sciatic nerve. Similarly, observing the repairing of the lights of my car, gave me an insight about working of the eyes and so the prevention for cataract was found out. Since 1977, I have been giving free guidance to all types of patients and I am getting very good result for common cold, tonsillitis and asthma. Later on, when I retired from my export business of rayon fabrics in 1985, I devoted more time at our free consultation centre at Arya Samaj, Linking Road, Santacruz (W) near my residence. At our centre, till now more than 600 medical practitioners have come with their own problems. Among them, there were many M.Ds. My dentist friend sent me his friend who was an M.D., M.R.C.P., F.R.C.S. This has given me great confidence in the impeccable and instant diagnosis made by just pressing the palms and the efficacy about the cure people get by practising this therapy in their own homes. According to acupressure, cancer is one of the easiest diseases to be cured.

Now, the most dreaded disease remained to be tackled was AIDS, which I was confident of curing. But the hospitals in Mumbai did not permit me to see such patients of AIDS. In 1994, during my visit to the U.S.A., one of my relatives, an M.D. took me to his hospital in Harlem, New York—where there were several patients of AIDS. I examined them and during my 2 months' stay with my daughter in Minneapolis, I studied about AIDS and was very happy to find its cure. I have tried this method of diagnosis on more than 3000 patients. In case

of doubt about HIV infection in any patient, even if it's a child, I send for its parents, brothers and sisters. And I am shocked to observe such HIV infection in all of them. I have observed such HIV infection in college-going boys and girls. I have observed that this dreaded disease has silently spread in a big way in our society. The cure for same was prescribed and results are simply fantastic. Just within 60 to 90 days, this dreaded disease has been wiped out. Even the most expert medical practitioners have sought my help and consulted me for their HIV patients.

The diagnosis about HIV infection is made within a minute without any tests and costs. The diagnosis made by this Nature's Health Science of Acupressure/ Reflexology is so accurate and exact that it is equal to any diagnosis made by M.R.I. test. I have personally examined over 2,00,000 patients and my confidence about this god-given therapy increases day-by-day. My experience and insight has led me to write another book about "Diagnosis" "FIND OUT YOUR FRIENDS" which will be published shortly.

I am most happy to announce that all the dreaded diseases such as Common Cold, Cataract, Cancer, Thalessemia, Muscular Dystrophy, Brain problems and now AIDS are curable. We can not only defeat these Dragons of dreaded diseases, but can even eradicate Cancer and Cataract.

I fervently appeal to all the people engaged in medical services, to forget their prejudices and vested interests, and try this Nature's own Health Science of Acupressure and provide health and happiness to mankind.

I am thankful to all the patients who have tried my Researches and informed me about the results.

I am also thankful to my dentist friend Dr. Narendra Bandrekar and his wife Pratimaben with whom I could always discuss about my Researches and who have always given me proper guidance time and again. I am also thankful to our family physician Dr. Harshad Pandya for giving me inspiration and guidance. I am also thankful to Dr. Pradeep Shah, M.D., U.S.A.

I am very much thankful to Sri Lord Pandit Prof. Dr. Sir Anton Jayasuria, Chairman of The Open International University for Complementary Medicines, Colombo, Sri Lanka who has conferred upon me the Honorary Degrees of D.Sc., M.D. and a Gold Medal and has kindly written the Foreword for this book.

In the end, I humbly bow before the Great Power, who controls the cosmos to give me insight and energy to be able to be useful to mankind with these revolutionary Researches.

In the end, I only have to say that this great power has put health and happiness in our own hands. Now, man need not fear the dreaded diseases, stop depending on others and become his own doctor.

I would be failing in my duty, if I do not thank my publishers, for bringing out this book and other of my books on health in a commendable style and also at a minimum possible cost.

In the end I pray that;

“Welfare be to all the World;
May all be interested in helping others;
Diseases and misery may perish;
And may all the people be
Healthy and Happy.”

30-12-1995

—Devendra Vora

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Chapter – 1

DREADED DISEASES

The diseases, which develop and reach such a stage that the patient cannot be saved, is considered to be dreaded, for example—cancer. First thing about such diseases, is that when such disease is in the preliminary stage, its diagnosis is not made, sometimes not even possible. It is admitted by popular medical therapy that Cancer is detected only when it has developed upto 30% or more. Later on chemotherapy is given to the patient. Consequently, heat increases very much in the body. Liver and gall bladder get damaged to the extent that the patient gets jaundice and cannot be saved. Medical experts take solace that they have cured Cancer (Dr. Dagli in his booklet "Cancer"), but the patient has died of jaundice. The patient and his relatives are interested in the complete cure. It makes no difference to them what the patient has died of.

Many times the disease is suppressed with antibiotics or powerful drugs but after a few days, may be few months or years, there is a relapse and patient cannot be saved. The main object of any medical treatment should be to save life. The object of any medical practitioner is as per *Materia Medica*—"utmost interest of the patient". A patient is not a guinea pig—on whom experiments could be made.

Moreover, all medical practitioners are health scientists and as such they should be ready to accept any truth coming from any other direction, may be from the other medical therapies. However, habits and prejudices die hard.

In his conquest of nature, man has forgotten kind mother nature. The great scientists and astronomers, astronauts admit that the knowledge so far acquired is like a drop in the ocean.

Experts of popular health science, have admitted in their

books, "Diseases of Nervous System" by Dr. Lord Brain & Dr. John Walton; "Clinical Neuro-Anatomy" by Dr. Richard Snail", prescribed in medical colleges for the degree of M.D., that they are not aware of the working of some of the organs of brain and they have little knowledge about endocrine glands and they do not know how to control them. e.g., they maintain that if pancreas functions less, a person gets diabetes. But what if this pancreas works more? The over-functioning of pancreas leads to deficiency of glucose in brain, cerebrospinal fluid and often leads to migraine, a severe headache. To subdue the same, painkillers are administered which in the long run lead to acidity and ulcers in intestines and mouth.

The experts have admitted the great importance of proper functioning of all these endocrine glands and also that these important glands sometimes work less and sometimes more. They are also aware that unless all the endocrine glands function properly, an imbalance is created in hormones which consequently lead to many problems; which later on become fatal. e.g., AIDS.

More importance is given to germs which cause diseases, but less importance is given to the power of the body which, if empowered, can create antibodies and get itself cured.

Milk is considered difficult to digest. But when bacteria turns it into curds it becomes more digestible. And when this curd is churned and turned into buttermilk it is accepted as very useful for digestion and removal of excess heat from the body.

Surprisingly, the function of very important organs of body like Liver and Gall bladder is not understood by them. These twins work like the radiator working in a car. They neutralise the acidity from the food which goes into the small intestines. However, when excess heat is created in the body, they are damaged. The liquid stored in the Gall bladder dries

up and becomes crystal which leads to jaundice considered to be surgical and inspite of charging. Liver and Gall bladder, unnecessarily, operation of Gall bladder is done and it is removed from the body. And consequently, the patient suffers, for the balance of life, with acidity and burning sensation.

The body is not treated but the symptoms of different organs are treated. Without going deeper into the root causes, these symptoms are suppressed and so the drugs create side effects which sometimes are even fatal.

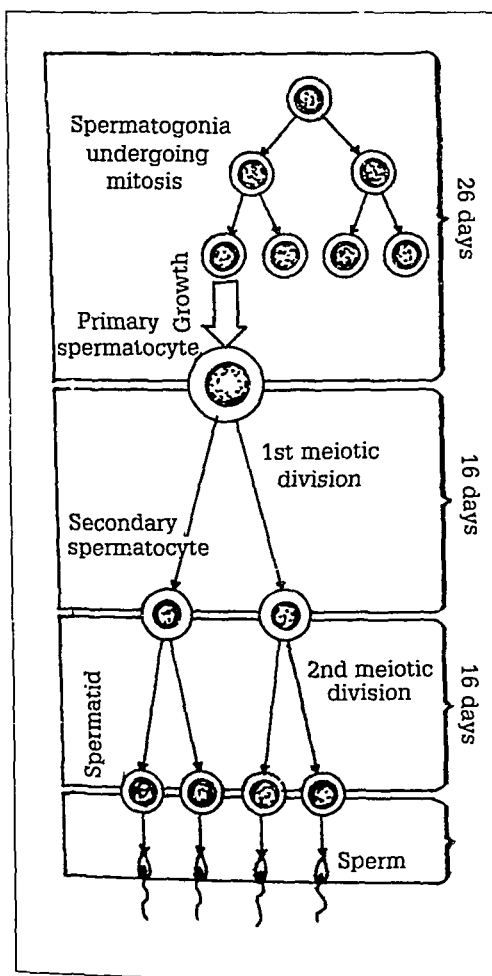


Fig. 1 : Reproduction of sperms

Somehow, the very basis of body syndrome is not understood. It is an accepted fact that during sexual intercourse semen is ejected by male and this important semen is not stored in any gland in the body. This semen contains spermatozoa which, when it enters the female's egg (ova) in the uterus, fertilises the egg and the child is conceived. A virile person is capable of becoming a father even at the age of 80 or more. It is important to know how this semen is produced in the body. It may be noted that out of about 40 kilos of food we digest only one kilo of blood is formed and out of one kilo of blood, a few drops of semen are formed

in 49 days in a sequence of seven steps of (1) Liquid (2) Blood (3) Fat (4) Muscles (5) Bones (6) Bone marrow (7) Semen.

After sperms are created, it takes another 74 days to get them redoubled as shown in fig. 1.

Now, this semen starts being produced in the body from the birth. It is stored throughout the body and its level is reflected in the nails as per figure 2.

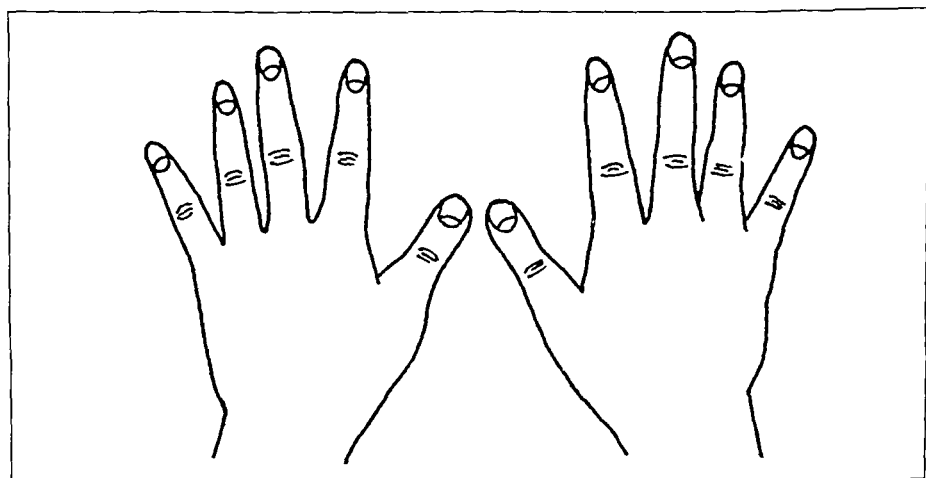


Fig. 2 : Picture showing half white moons in the nails

This semen is converted from blood through combined process of proper functioning of all the endocrine glands plus electric process plus the heat process in the body. This semen is not produced in any laboratory.

This semen or ova, creates a syndrome of the body. And at the age of about twelve when the sex glands become more active, and due to heat process, this semen gets matured and half moons in the nails become more and more milky white and spreads in all the nails of hands and toes.

This semen forms the syndrome of the body and so, the more powerful the semen, the more powerful is this syndrome. And in turn this syndrome protects the body against the diseases.

It is very surprising to observe that the popular medical therapy has not understood these facts about the syndrome.

And so they are not able to understand AIDS. It is an accepted fact that if the disease itself is not properly understood and diagnosed, how can it be cured? And so, these diseases are considered to be dreadful. When heavy bombardment of antibiotics and powerful drugs like steroids is made, the main weapons of this popular medical therapy, cannot cure these diseases; the doctors get worried and frighten the world against these fatal dreadful diseases. In fact, such heavy dosages of antibiotics and drugs only aggravate the problems and make the diseases fatal. As these diseases develop, the patient has more and more agony and in spite of great advance in technology and machines, patient cannot be saved and he dies a premature unnatural death.

In the same way, even common cold is also totally misunderstood and so the World Health Organisation, Geneva, had to declare that "Cure for Cancer may be available by the end of 21st century; but cure for the common cold may not be possible even by the end of 21st century."

It looks odd to say that even the functioning of the body is not properly understood. Only a few years back, they have accepted Acupuncture but not its basis, the electricity of body. And so the therapy of Acupressure/reflexology which is based on this Bio-electricity is not given recognition.

Further, the concept that "our body creates antibodies to fight out—throw out the foreign matters, toxins, germs of disease from its system" is accepted by all the medical therapies. However, under the popular medical therapy, very little chance is given to body to do so. Right from the early stage, bombardment of antibiotics and heavy dosages of drugs are made, thereby producing so many side-effects. Even the internal immune system becomes lethargic and does not extend proper cooperation in the process of healing. On the contrary, it creates resistance against these antibiotic drugs and so when in case of relapse of the disease, it is necessary to give antibiotics more powerful antibiotics or heavier doses of drugs.

It is an irony, that life-saving costly injections are prepared in Japan from urine, but this urine therapy is not advised to the people.

It is our common experience that sometimes we breathe through the right nostril and sometimes through the left nostril. There is an automatic change in our breathing. Why? It has not been understood by even the experts of popular medical therapy.

Even concept of solar plexus is not accepted or understood by them. And so, unnecessary operations of hiatus hernia and piles are done. They are not able to prevent loose motions due to downward shifting of solar plexus. By just correcting solar plexus, all these problems can be cured.

It will be a great surprise for the world to note that *Yogis* and *Rishis* in India were fully aware about our body, its endocrine glands, the syndrome of the body, solar plexus and Bioelectricity even 10,000 years ago. They were even able to control the organs and endocrine glands through internal Acupressure and breathing exercises. They were disciples of nature and found out that the creator of universe, has put this wonderful therapy not only in human body but in the bodies of all living animals with five senses of touch, taste, vision, hearing and smell. Even the cats and dogs are aware of this health science of nature and so if they have any problem, they lick and rub their paws.

If mankind wants to survive these dreaded diseases, eradicate Cancer and Cataract, be healthy and enjoy the great happiness provided to us by nature, we have no other alternative but to surrender our prejudices to nature and abide by its abundant TEACHINGS.

In this booklet, I will explain the common cold, asthma, cataract, cancer, thalassemia and AIDS which all are easily detectable, even preventable and curable. **We can defeat these dragons of dreaded diseases.**

Chapter-2

ACUPRESSURE

People, in the world, are getting more and more conscious of the side effects of the antibiotics and other allopathic drugs. And, if the diagnosis is not proper, the side effects of such drugs become worse—sometimes even fatal. And as such more and more health conscious people are now attracted towards alternative therapies and medicines. Even the doctors of the popular therapy themselves go for the alternative therapy for the problems they and their families have.

Among the other alternative therapies, Acupressure is unique for its economy, simplicity and quick effectiveness. It is the only therapy which gives prevention against almost all diseases. Acupressure has proper diagnosis without any tests and costs and cure for all types of diseases like the common cold, asthma, cataract, heart problems, kidney problems, cancer, brain's problems and now AIDS. Moreover, it is a 'DO IT YOURSELF' therapy; and even a child of ten years can do it.

Now, in order to combat and defeat the dreaded diseases, of common cold, asthma, cataract, cancer, thalassemia and AIDS narrated in this book with Acupressure, it is necessary to know about this Nature's Health Science.

Of all kinds of happinesses, the best happiness is good health i.e. freedom from any worries about one's body or diseases. That is why we should know more about our body and how to look after it.

The greatest wonder in this cosmos is the human body. Our body is equipped with the best, automatic, delicate and the most powerful machines—Heart and Lungs—a non-stop pumping set; Eyes—wonderful camera-cum-projector; Ears—astounding sound system; Stomach—a wonderful chemical laboratory; Nerves—miles of communication sys-

tem; Brain—unparalleled computer with infinite capacity. And the greatest thing about it is the unbelievable coordination of all these machines, so that our body can easily work for over a hundred years.

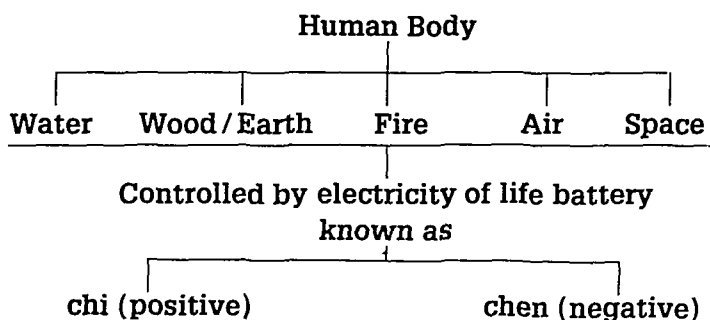
Now, in any good machine, provision is made whereby it automatically stops when it is malfunctioning and restarts when you push its switch. e.g., refrigerator and hot water geyser. It is not surprising that such a provision is made in the human body as well. It is true that the system of our body is very intricate. But to maintain it is very easy. Nature has provided in our body an 'inbuilt mechanism' to maintain these machines and to repair them if necessary. This science of health which makes use of this inbuilt mechanism is popularly known as Acupressure. This therapy is the most precious gift to mankind from the creator himself.

This therapy was known in India even before 5,000 years. Unfortunately, it was not preserved properly here and went to Sri Lanka in the form of Acupuncture. From Sri Lanka, this therapy was brought to China and Japan by the Buddhist monks and at present China is teaching Acupuncture to the world. This therapy was known to the Red Indians in the U.S.A. way back in the sixteenth century. In the twentieth century, research in the U.S.A. has contributed greatly to the development of this therapy. It is practised by many M.D.s and naturopaths there. Now the World Health Organization, too, has paid attention to this simple and easy therapy.

The word 'Acupressure' is related to 'acupuncture'. 'Acu' means a needle and to 'puncture' means to 'pierce'. Acupuncture means the art of treating diseases by piercing the tips of needles into the skin at specific points in the body for the purpose of treating various disorders by stimulating nerve impulses. Acupressure means the art of treating diseases by applying pressure on specific points in the body with the help of one's thumb or unpointed things.

Principle :

Our body consists of five basic elements :



These five elements are controlled by the electricity of the body known in the west as Bio-electricity. The current of electricity '*chetana*', comes from this non-changeable life battery. This battery has been installed in our body at the time of conception. The white dazzling light generated by this battery can be seen in the middle of the forehead with eyes closed, through certain *Yogic* methods. Many people, including myself, have seen this light.

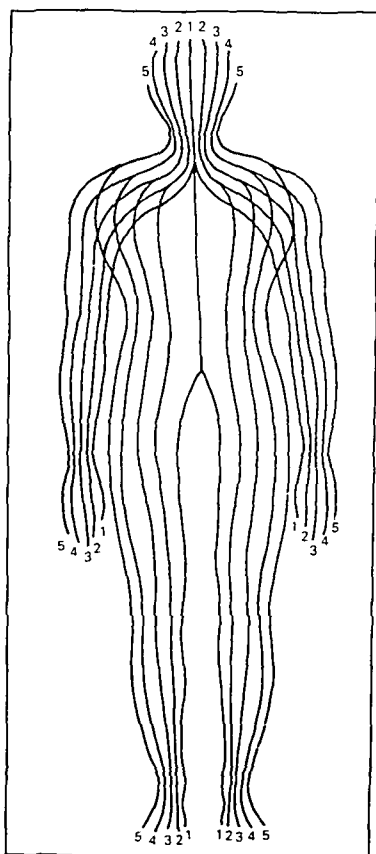


Fig. 3
Flow of (*Chetana*) electric
current-lines (meridians) which
are divided into 5 zones each
on the right and left sides

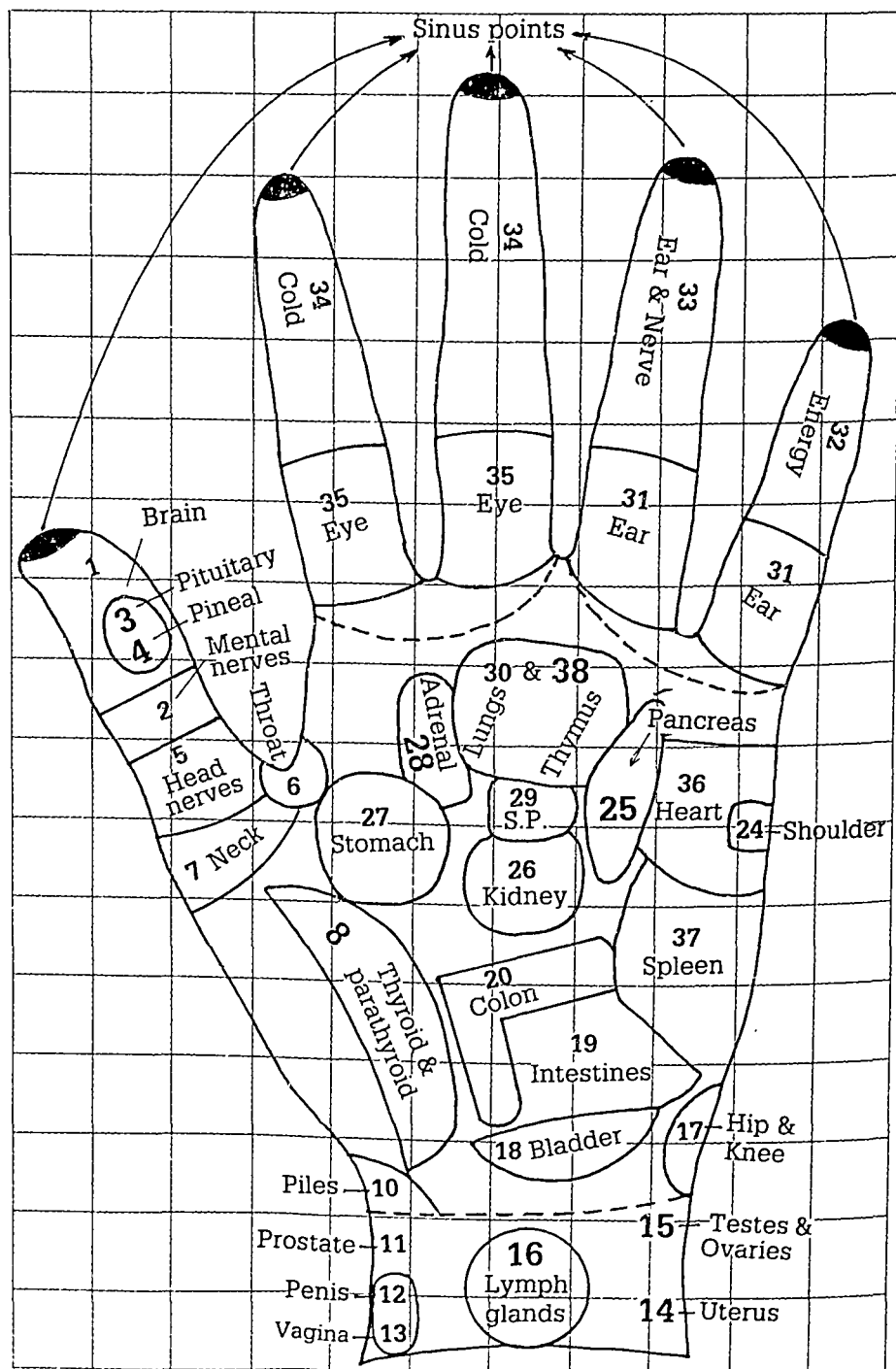


Fig. 4 (a) : Left Hand
Location and Number of points connected
with different organs and endocrine glands.

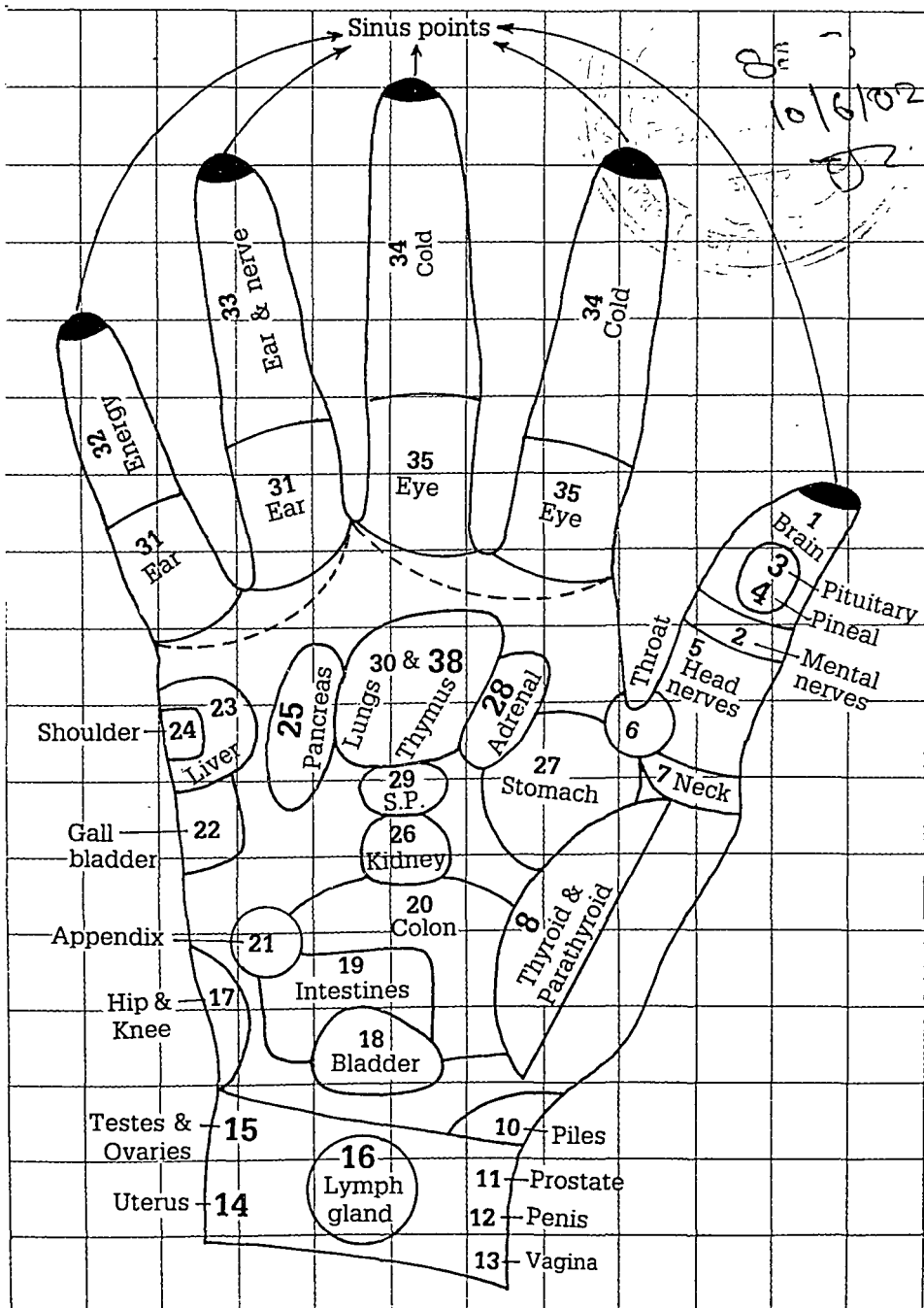


Fig. 4 (b) : Right hand

For treatment : Pressure is to be applied on and around these points of palms

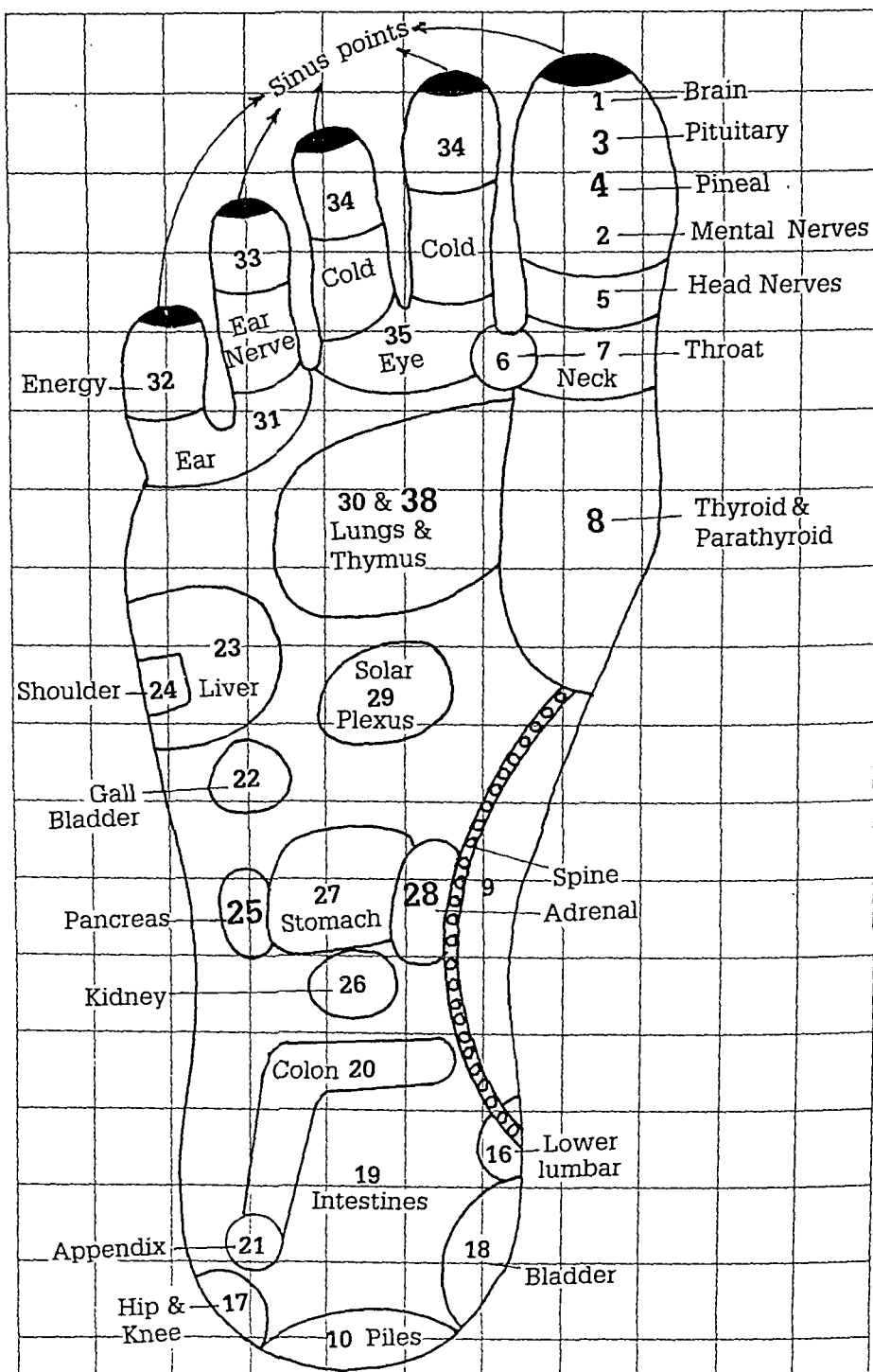


Fig. 5 (a) : Right Sole

For treatment : Pressure is to be applied on and around these points of the soles

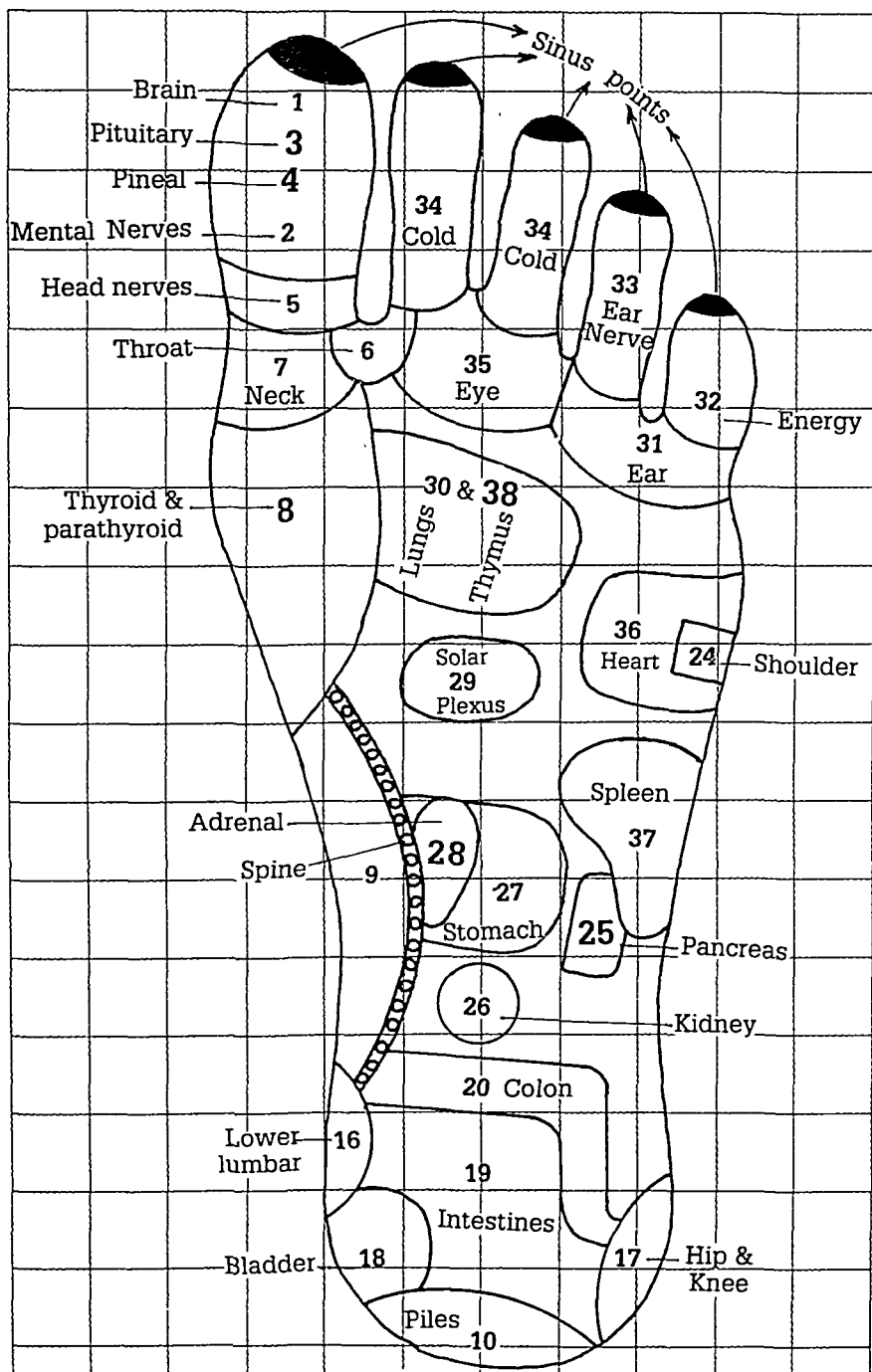


Fig. 5 (b) : Left Sole
Location and number of points connected
with different organs and endocrine glands

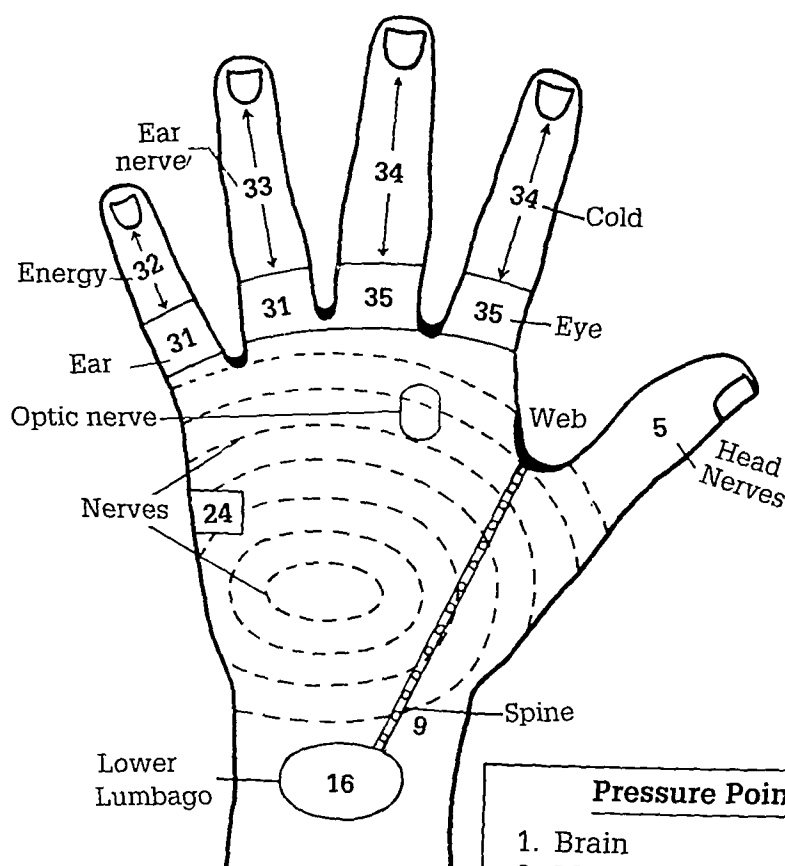


Fig. 6 (a) : Back Side of Left Hand

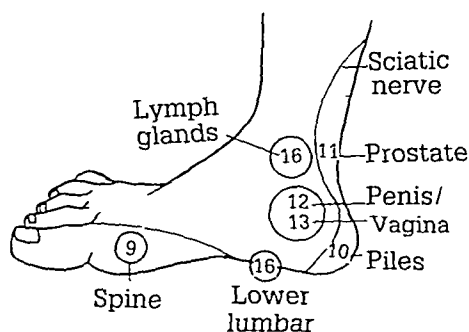


Fig. 7 (a) : Inside of foot

Pressure Points

1. Brain
2. Mental Nerves
3. Pituitary Gland
4. Pineal
5. Head Nerves
6. Throat
7. Neck
8. Thyroid and Parathyroid
9. Spine
10. Piles
11. Prostate
12. Penis
13. Vagina
14. Uterus
15. Testes & Ovaries
16. Lymph glands (front) and Lower lumbar (back)
17. Hip and Knee
18. Bladder
19. Intestines

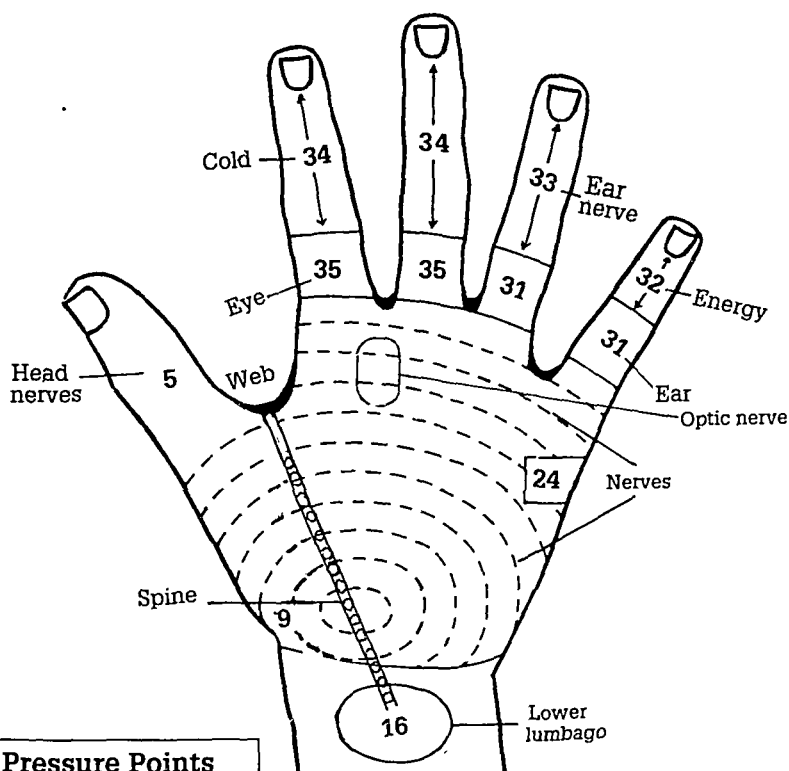


Fig. 6 (b) : Back side of right hand

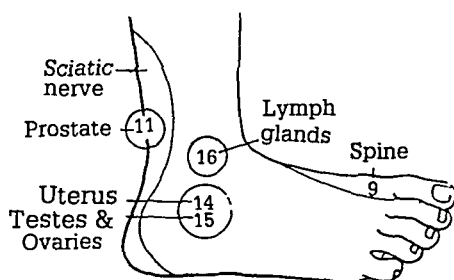


Fig. 7 (b) : Outside of foot

Pressure Points

- 20. Colon
- 21. Appendix
- 22. Gall Bladder
- 23. Liver
- 24. Shoulder
- 25. Pancreas
- 26. Kidney
- 27. Stomach
- 28. Adrenal
- 29. Solar Plexus
- 30. Lungs
- 31. Ear
- 32. Energy
- 33. Nerves of Ear
- 34. Cold
- 35. Eyes
- 36. Heart
- 37. Spleen
- 38. Thymus

Out of this battery, electric current (*chetana*) passes in the body through lines shown in Fig. 3. These lines known as 'meridians' start from the tip of each finger of the right hand, go all over the body and end in the toes of the right foot and so also on the left side. So long as this current of electricity flows properly in the body, the body remains fit and healthy. If, for any reason, this current does not reach any part of the body, there is malfunctioning of that part—accompanied by pain in some cases. If not attended to in time, it may invite illness. So, if the current is properly sent to that part, the pain, if any, would subside and the disease or malfunctioning of that part would be cured. Thus, Acupressure is the science of nature which teaches us to cure diseases through the inbuilt mechanism of the body—the technique of how to send the current to all the required parts of the body.

Mechanism (Working) : According to Acupuncture, Shiatsu or Pointed Pressure Therapy, there are about 900 points all over the body on these meridians shown in Fig. 3. Puncturing is done or pressure is applied on these points to cure illness or pain or create an anaesthetic effect. However, this requires a good deal of study and skill and so, a layman cannot do it.

However, Acupressure treatment is so simple and easy that any layman—even a child of ten years—can learn it.

The switch board of the electric current flowing in our body is located in the palms and soles. In figures 4 and 5, you will see the location of the different switch points. In these figures you will find the names of the organs and endocrine glands to which these switch points are connected.

Most of the organs and endocrine glands are in the right side and left side of the body and so their corresponding points are on the right and left palms and soles. However, as the heart and the spleen are on the left side of the body, their corresponding points are only on the left palm and sole. In the same way, liver, gall bladder and appendix are on the right side of the body and so their corresponding switches are only on the right palm and sole.

We are familiar with all the organs mentioned here except solar plexus and energy, which require a special mention and hence are explained below :

Solar Plexus (point no. 29) : This is also known as 'nabhi chakra'—the controlling centre for all the organs below the diaphragm. This concept of 'nabhi chakra' is not found in any other therapy except in 'Ayurved' the Indian medical science of Life. This proves that this therapy had originated in India. For disturbances in all the organs below the diaphragm it is necessary to apply pressure treatment to this point no. 29.

Methods to confirm whether the solar plexus is in order or not :

(1) In the morning, on an empty stomach, if you press your finger or thumb on the navel, you will feel a throbbing sound just like that of the heart. That means the system is O.K.

(2) The distance between the right nipple and navel and the left nipple and navel will be equal when solar plexus is in order. Otherwise, by measuring the distances, you can find out whether the centre has shifted upward or downward.

(3) Lie down on your back. Keep the arms (hands) straight on your sides. Keep legs straight and the toes upright. The two big toes must be in level. If they are not, it indicates disturbance of the solar plexus.

(4) Join the two palms as per figure shown here and match the lines 1, 2, 3 and 4. These lines will match with each other if the solar plexus is in order. If the solar plexus has shifted, the lines 4 and 3 will not match.

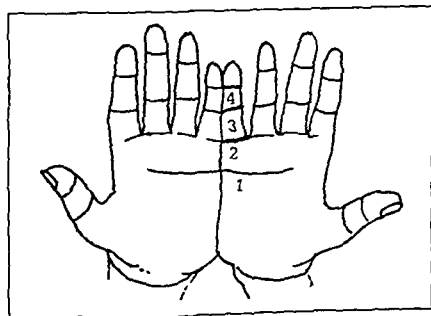


Fig. 8

This centre shifts upward or downward when excess weight is lifted or when there is severe gas trouble. In such cases the throbbing will not be noticed in the centre of the navel, but it will be noticed somewhere around the navel. The upward shifting of the solar plexus leads to constipation

and downward shifting brings more motions every time there is pressure. This cannot be cured by drugs. And when these problems persist, it can damage the digestive system and may require an operation. It may even lead to Cancer. One of the causes of Cancer of colon (lower and greater part of the large intestine) is constipation which is allowed to persist too long. In such cases, it has been found that this solar plexus has moved upwards. It is, therefore, advisable to check the position of solar plexus before starting any treatment. Solar plexus is like the mainspring of a watch. Unless it is set right treatment may not give the desired results.

Methods to bring the solar plexus to order : It is to be done only on an empty stomach first thing in the morning or 4 to 5 hours after meals.

(1) By pushing the throbbing towards the centre of the navel.

(2) By putting weight on the navel and trying to press it towards the centre.

(3) Lie down on your back. Keep the arms straight on the sides. Ask someone to apply pressure on the knees, more pressure on the knee of the leg of which the big toe is at a lower level. And if necessary, ask another person to hold the two big toes in hand and try to pull up the big toe which is lower. Repeat this action till both the toes have come in level. (See fig. 9 below.)

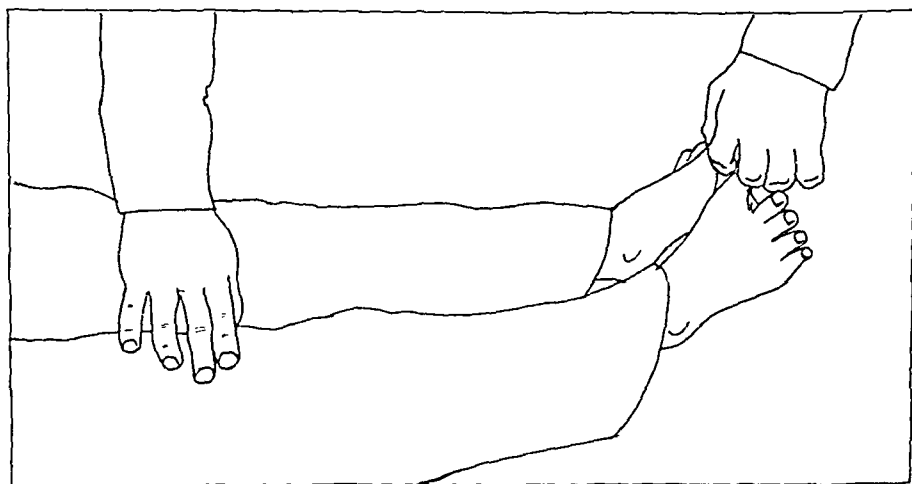


Fig. 9

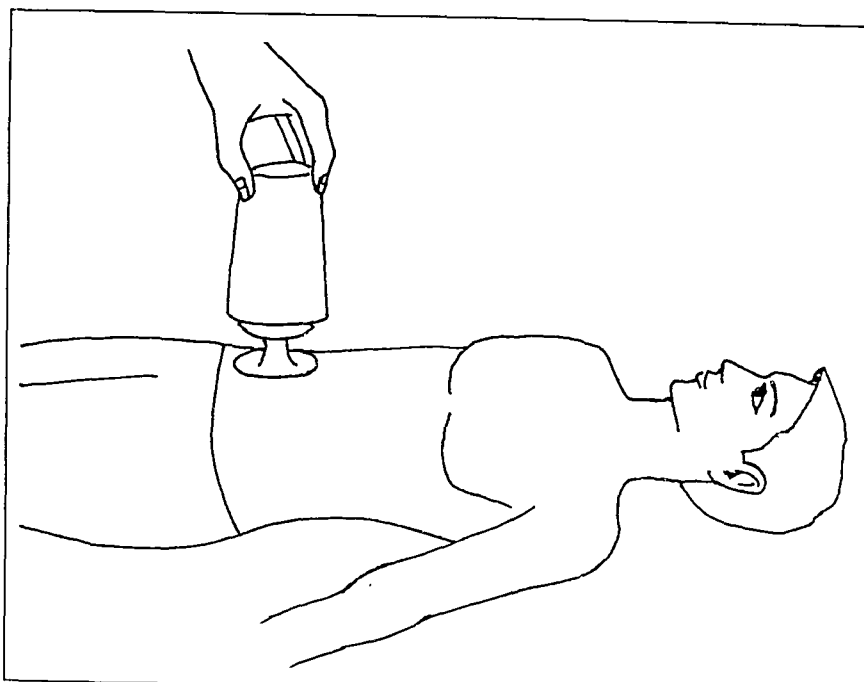


Fig. 10

(4) By putting up a small oil lamp/candle on the navel (a coin or something can be kept on the navel as a base to hold the candle), cover it with a metal glass and hold it for a minute (as shown in fig. 10 above). The air inside will burn out and a vacuum will be created. This vacuum will bring the solar plexus to the centre. Then lift the glass upwards after one minute. Repeat this three or four times till the throbbing is felt at the centre.

(5) Lie down on your back, keep the arms on the sides and the head on the ground without pillow. Lift both the legs and bring them up to 90° from the ground as shown in the figure. After this, bring the

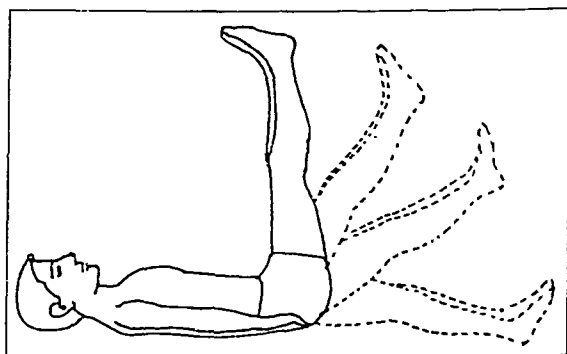


Fig. 11

legs as slowly as possible on the ground keeping the legs straight and without lifting the head from the ground. Repeat the same five to six times and feel the throbbing (See fig. 11)

(6) Lie down on your back, exhale the breath. Now, inflate the stomach and maintain that position as long as you can. Repeat it till solar plexus comes in order.

(7) As per fig. 4 a & b press intermittently the points of solar plexus in both the palms—not only in the front side but also on the backside of that point. After half a minute, verify whether the solar plexus has come in order.

Otherwise the following method can also be tried :

(8) Keep right palm vertically on the inside of the joint of the elbow of the left hand and touch the left shoulder with the thumb with a jerk. Repeat till it touches the shoulder. In the same way, do it with the right hand and verify as per figure 8. This is one of the easiest way. And so you are advised to do it everyday morning without worrying whether solar plexus is in order or not.

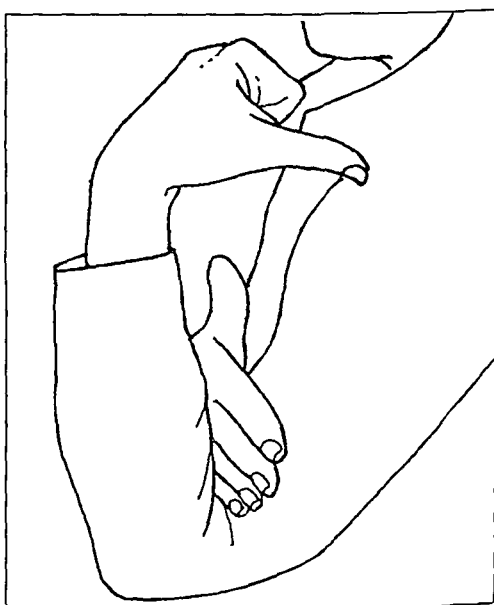


Fig. 12 : Picture showing how to correct solar plexus

Whenever the complaint about constipation or loose motions continues, first check up the solar plexus and correct it, if necessary.

The sameway, for any problem of any other organ below diaphragm, please check the solar plexus and correct it.

"A patient was suffering from hiatus hernia. He was advised operation. His solar plexus was corrected; within two days his trouble disappeared."

"A lady doctor, a gynaecologist, was suffering from pain in abdomen for many years. Her solar plexus was corrected and then she became alright."

"A young girl, could not retain any food or even drink. She would vomit it out. She was kept in a leading hospital in Bombay for 21 days. No diagnosis was made. The complaint continued and developed into acute colic pains. The root cause was found in disturbance of the solar plexus. It was corrected. She stopped vomiting. She was put on green juices and fruit juices. Within a week she became normal."

"A patient was advised operation of colon because of long term problem of fistula. Only three days before date of the operation he consulted an acupressurist. His solar plexus was corrected. The recovery was so fast that operation was not found necessary."

Energy (point no. 32) : When you feel tired or have passed sleepless nights, you will feel pain on this point, which means recharging is not done properly. It is essential at such a time to give treatment on that point and drink lukewarm water, preferably health drink. (Details about the health drink are given in Chapter no. 3, page 54)

Webs : Over and above all these points, it is necessary to apply pressure on the webs, the large one is situated between the thumb and the first finger and the small ones are between the fingers. And so also between the toes. These webs are the starting points for the nerves and so pressure should be applied on these points daily.

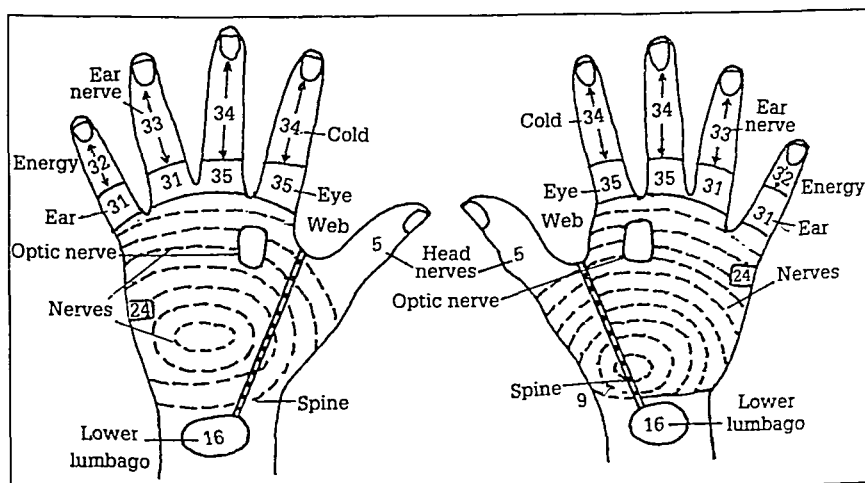


Fig. 13 : Picture showing points on back of palms

Method of pressure : Pressure is to be applied on and around all points on the two palms and soles only. That will send the current to the corresponding organs and activate them. For example, when you press point no. 1 shown on the thumb, the current will flow to the brain. When you press deeper on the point of any of the endocrine glands which are called the controllers of all organs, the current is sent there and it corrects the function of that particular gland i.e. if the gland is functioning less effectively, it will be activated and normalised. However, if it is working more vigorously, it will reduce its activity and become normal. Thus simply by applying pressure on the points of the endocrine glands, we are able to control these glands.

Pressure can be applied by pressing with the thumb or the first finger on the point or with unsharpened pencil, etc. (See fig. 14) or by massaging that point and around it clockwise. The pressure is to be applied intermittently like pumping and continued pressure is to be avoided. This action is to be repeated for 1 to 2 minutes.

How much pressure to be applied : The pressure to be applied should be just enough for you to be able to feel it. However, on all the points of the endocrine glands, viz. point nos. 3, 4, 8, 14, 15, 16, 25, 28 and 38, which are situated

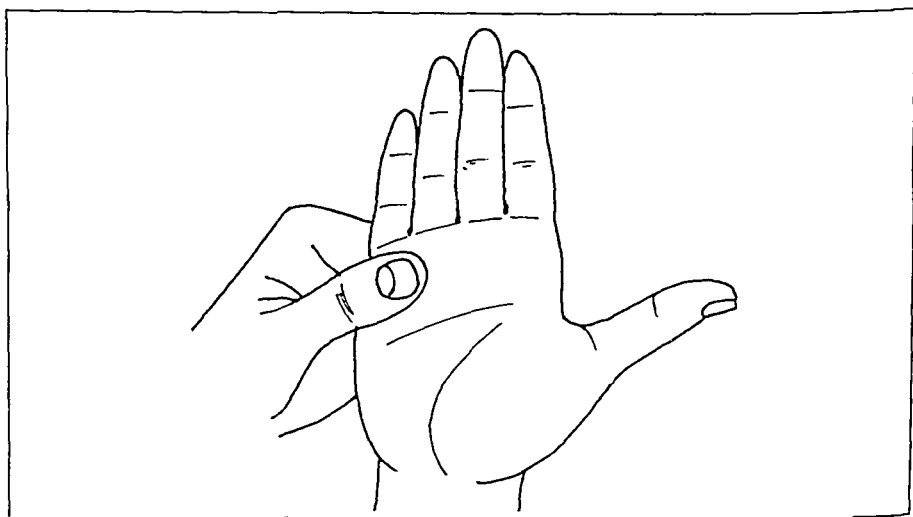


Fig. 14 : Picture showing how to apply pressure with a horizontal thumb

in the middle of the body, deeper pressure is to be applied. This can be done with the vertical thumb as shown in Fig. 15 or with an unsharpened pencil or a wooden stick as shown in Fig. 16. Except on these points of endocrine glands, pressure is to be applied on all the other points by keeping the thumb horizontal.

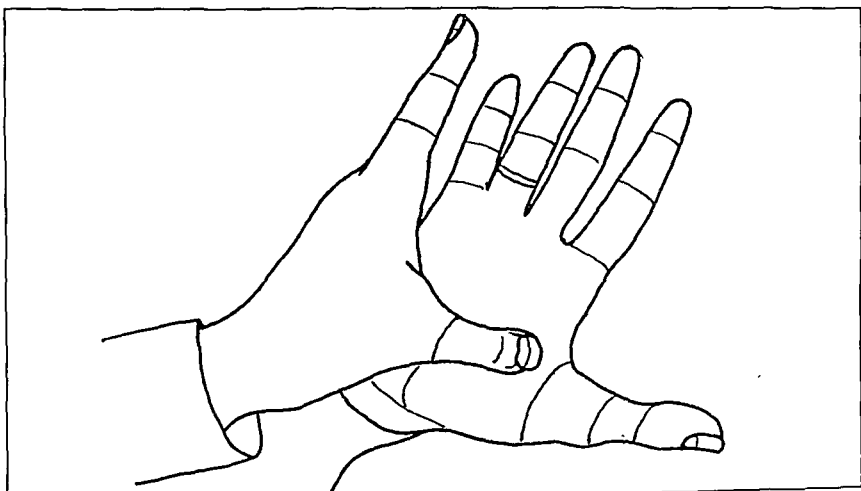


Fig. 15 : Picture showing how to apply deeper pressure on the points of endocrine glands with vertical thumb

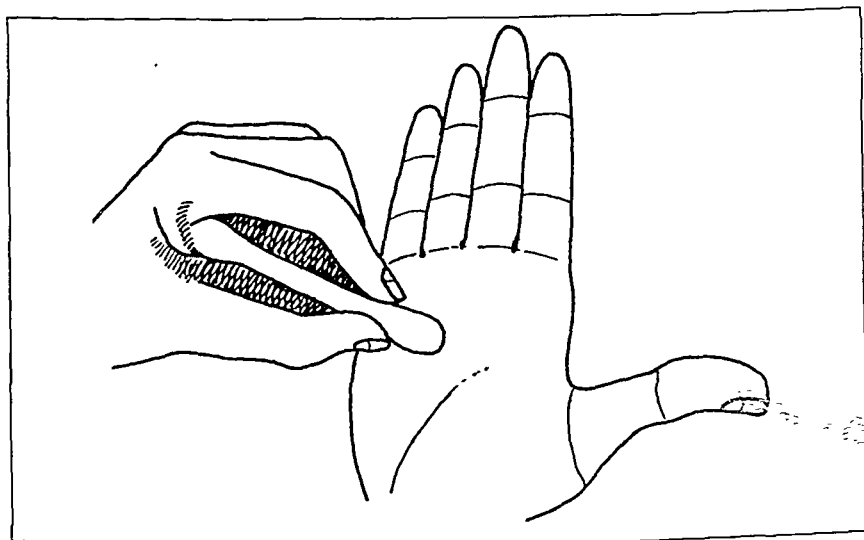


Fig. 16 : Picture showing how to apply deeper pressure on the point of endocrine glands with a blunt or rounded wooden stick

Body—its subdivisions : Our body is divided into two parts—the right side and the left side. For anything wrong with the organs or parts on the right side of the body, treatment is to be given on the corresponding points of the palm of the right hand or the sole of the right foot, and vice versa on the left side.

Further, the body is subdivided into the front and the back. For the spine, nerves, back, lower lumbago, sciatic nerves and hips, pressure is to be applied on the back of the palms and soles. (See fig. 17.) But for all the other organs and endocrine glands, the pressure is to be applied on the palms or the soles. Refer to figs. 4 and 5 on pages 20 to 23.

Duration : For the treatment of any disease or organ, pressure is to be applied for one to two minutes and this is to be repeated three times a day. The treatment should be continued till the pain on that point subsides.

Threefold benefits of Acupressure : (1) Prevention of diseases (2) Early diagnosis of diseases (3) Cure of diseases.

(1) **How to maintain good health :** You will observe that all the points on palms are upto one inch of the wrist. So

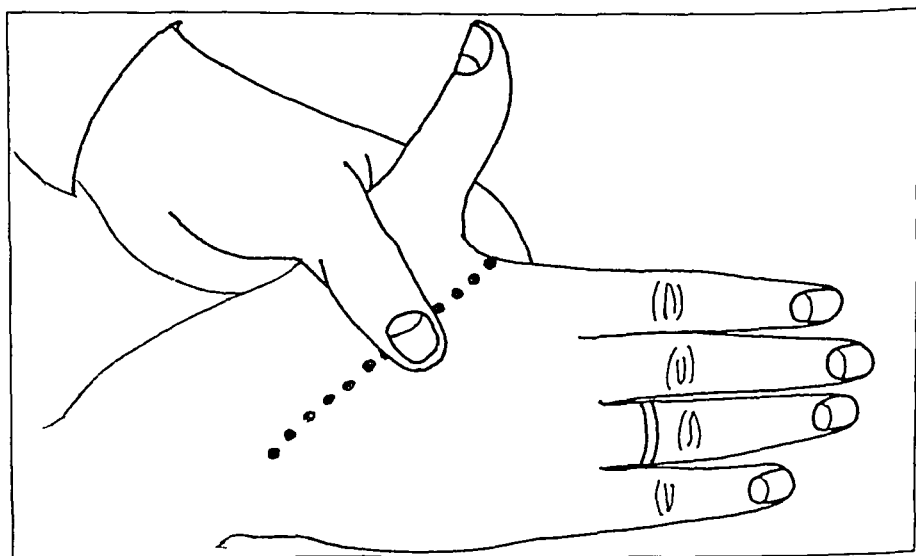


Fig. 17 : Picture showing how to apply pressure on the spinal cord (Point No. 9) on the back of the palm

without bothering about where the different points are situated, you should start pressing from one inch from wrist i.e. point no. 16 and slowly press the full palm and all the fingers on both the front and back side for five minutes each. By pressing both the palms or soles, you will cover all the points—thus stimulating all the organs of the body. It is like complete alignment of a car. And when all the organs are properly stimulated and are working properly, you will feel more agile and energetic and can maintain good health.

For Children under 5 : For maintaining general good health and physical development of children below 5 pressure is to be applied on each palm and sole for 2 to 3 minutes each.

Remember that continuous pressure is not to be applied but only intermittent pressure like pumping is to be applied as mentioned above.

Prevention of sickness or disease : This is a very unique feature of this therapy. When you press all the points of either palms or soles daily for about 10 minutes, all the organs are activated and recharged like a battery cell and all the endocrine glands are normalized. Net result of this is that all the organs and glands of the body get properly aligned and they function properly. Thus, health is maintained and the possibility of any type of disease, including that of Cancer, is greatly reduced.

(2) Wonderful way of Diagnosis—Medical Check-up : By taking this treatment (pressing all the points daily for 10 minutes) you not only maintain good health but also get a **free medical check-up.**

It may so happen that when you pressed all the points yesterday, there was no pain on any point; it means that you were in good health. But today when you press all the points, you may find some pain inside or around some point; that means that there is something wrong with the organ connected with that point. And this disturbance has developed in the body during the last 24 hours. Any pain or disease of any

organ or part of the body is reflected in the corresponding point of the palms or soles. That is why this therapy is also called 'Reflexology'. When you find the pain, it can be said in the language of electricity that the 'fuse' has gone from only that part. That part would be found tender, so when you press, the part below that point hurts. **Thus you become your own doctor and can diagnose the disease instantly without any cost or laboratory tests.**

It is possible that for the first two days you may not get any response from your points because till now you have not used them. However, from the third day, you will start getting the response.

It is most important for any medical practitioner to have the correct diagnosis of the problem of the patient before proceeding with the treatment. This correct diagnosis is possible only when the root cause is found out. Generally, apart from physical checking, it is necessary for the doctors to have urine report, blood report, X-ray, cardiogram, sonography and brain scanning, etc. before the diagnosis is made. That is a lengthy and costly procedure which most of the patients cannot afford.

Because of the rapid scientific progress the training necessary to master the techniques of diagnosis has become long and expensive. In Ayurvedic, Acupuncture and Unani systems, for example, diagnosis can be made by expert thorough knowledge of *pulse* (नाडी) and as such its study takes more than six to ten years. In Homeopathy, a prolonged session with the patients is necessary and so very few patients can be attended to even by an experienced Homeopath. While, treatment under Nature cure is a lengthy one and the naturopaths in most cases do not go to the root cause, they simply try to purify the body and leave the work of cure to awakened and enriched *Chetana*.

However, according to Acupressure, the switchboard of this bioelectricity is in the two palms and soles. In figs. 4 and 5, you will see the various points connected with their

respective corresponding organs of the body. And so long as this flow of bioelectricity—life current reaches all the organs properly, there will be no pain on these points when pressed. **You will be surprised to note that Acupressure is the only therapy which prevents disease and helps a person to maintain good health.** In order to achieve this, you simply have to press each palm/sole slowly for five minutes and when over 40 years for two minutes in the one inch circle in the middle of right forearm. Thus, by simply pressing the palms/soles in ten minutes, you have recharged all the vital organs—it is like servicing or realigning a car. When all the vital organs are working normally, the possibility of a disease becomes very remote. Thus, just by simply pressing your two palms or soles for five minutes each, every day, you not only prevent any disease but enjoy good health.

FREE MEDICAL CHECK-UP :- At the same time, you also get a free medical check-up of the complete body.

Owing to overworking of these organs or due to some other cause, when an organ is damaged, carbon dioxide/toxins gather around that organ and when pressed on the connecting point of the organ either in palm or in sole you will feel pain. This pain is unpleasant and totally different from the experience of pressure given on that point. When pressed on that point, there will be a flicker in the eyes of the patient. So, even without any information from the patient or without any tests, the diagnosis can be made just by giving pressure on different points located in the palms/soles. I have been challenged on several occasions to diagnose the problems without being given any background or case history of the patient. I will quote only one incident. Mr. Narain Dutt Tiwari, former Union Minister of India for Finance and former Chief Minister of Uttar Pradesh, called me to the hotel he was staying in near Bombay Airport. His wife, Mrs. Tiwari, is a qualified Gynaecologist. She asked me to examine and diagnose his problems. One by one, I pressed the different points of his palms. Within two minutes I told them about the

improper working of five different organs. Then I told Mrs. Tiwari that her husband was suffering from piles and had long rooted constipation, I also told her that her husband's solar plexus was not in order. He was asked to lie down and it was found that the level of the big two toes was not equal—right big toe was more than one inch higher than the left big toe. It was immediately corrected and Mr. Tiwari was asked to give pressure on his chin to remove his constipation. According to the information received later, within a week his complaint of piles was completely cured; due to proper diagnosis and correct treatment by Acupressure.

The diagnosis made this way is so accurate that on several occasions, I had to challenge the diagnosis made with X-rays and Sonography. I shall quote three instances.

(1) "An athlete was prescribed a spinal operation following few X-ray examinations. He approached me and I told him that as there was no pain on point no. 9 of the spinal cord, there was no damage to the spinal cord and so the operation was not necessary. And the root cause of his severe back pain was found to be a damaged sciatic nerve. He was taught how to take treatment with this 'Do it yourself therapy' and within 10 days he was alright."

(2) "A gentleman was suffering from jaundice. According to the diagnosis on the basis of X-rays and sonography, he was told that there was stone-obstruction in his gall bladder and operation was necessary. I was called three days prior to the operation. After examining the patient for a few minutes, I told him that there was nothing wrong with the gall bladder. The liver was damaged and the stone was near the kidney. His heart was in a sound condition, and if he so desired, operation could be done. He was operated upon and his gall bladder was removed and on even minute bisection, no stone was found. Then the patient was put under X-rays. The stone was found near kidney. They continued to operate for 8 hours and the stone was removed. Luckily the heart condition of the patient was good and so he survived."

(3) "A patient was told on the basis of X-rays and examination that he had mouth Cancer and an operation was necessary. When called to the hospital, after two minutes' examination, I said that there was no Cancer but soreness in the throat. The doctor insisted on operation only to find that there was no Cancer."

Thus you will observe that without any instruments or costly tests, exact diagnosis is possible with this nature's Health Science of Acupressure.

When a patient comes to you, the very first thing you must do is to press on point no. 8 of the Thyroid-Parathyroid. If there is no pain there, the problem is a minor one. Because, if there is a continued problem in the body for more than 8/10 days, this of Thyroid is first to be disturbed and when pressed, there will be pain. In such a case, you can go on pressing various other points as per patient's complaints.

Many a time, it is observed that young men never disclose their sex problems. Similarly, females in India also feel shy to discuss their problems about menstrual cycle, irregular periods, sex, etc. Therefore only by pressing on point nos. 11 to 15 of sex glands, these problems can be diagnosed.

Now, I will tell you about the exactness of this diagnosis. I was invited by an eye specialist to his residence. He asked me to examine his 27 year-old son. After examining the palms, I told him that there was tonsillitis on his right side and only reddishness on the left of throat. The doctor called for a torch and a spoon, examined the throat of his son and admitted that my diagnosis was perfectly correct.

The wonderful part of Acupressure is that the patient can himself diagnose his problem. One gentleman had pain in chest. He feared a heart attack. Cardiogram was taken in the hospital and as there was no irregularity, he was discharged after four days. Later on, every time he had pain in the chest, he would call for a doctor, get his cardiogram and be satisfied to confirm that it was normal. He was presented

with my book. Afterwards whenever he had any chest pain, he would examine his point no. 36 of heart and would be relieved of anxiety in a minute on observing that there was no pain on that point. During one year alone he saved a lot of money and had great amount of relief.

You will be surprised to know that the dreaded disease of Cancer can be detected only in two minutes. At Cancer detection centres or hospitals such Cancer can be detected only when it has developed more than 30 %. But with this method such problem can be detected even when it is hardly 5 %. Moreover, the exact location of Cancer can be found out. I was asked by a lady to tell her problem. After examining her palms, I was forced to tell her in just two minutes that she had Cancer in her right breast. She then admitted having got her right breast operated for Cancer. I told her that Cancer was not totally cured and it had started affecting the liver. She started Acupressure treatment, got cured within six weeks and even after 10 years, she enjoys good health.

This type of diagnosis is very useful in case of children, who are small and not able to tell or explain their problems. Just by pressing different points in the soles the exact root cause can be found out, because while you are pressing the soles, the child will cry out or take away the sole when any point is paining. Later on, the child can be given this treatment along with biochemic medicines.

Thus, with the help of Acupressure, a perfect diagnosis can be made. The patient is not supposed to know the name of his disease because there are thousands of names for such diseases. But all the diseases are connected with these vital organs of the body. And Acupressure can diagnose as to which organ is damaged.

After the diagnosis is made, in the treatment of most of the diseases, the patient can use this therapy and get cured. However, in case of chronic and serious diseases, two or three therapies—Homeopathy, Ayurved, Chromotherapy naturopathy, etc. can be combined to bring faster relief to the patient.

"A lady on the basis of X-ray and other tests was put on dialysis—thrice a week. Later, she was told that since both her kidneys had almost failed she was required to have a kidney transplantation. It would cost her Rs. 3,00,000. She got scared and came to me. Thorough examination was made and in a few minutes, I told her that there was a minor trouble in the kidneys that could be cured within 15 days. The root cause of her problem was Cancer in the uterus. She was then asked to take treatment as mentioned in this book at home. Within 15 days, all the swellings were gone and she passed clear urine quite frequently. She became energetic and with a further treatment of 30 days, she was cured."

That is why when the patients come to you, please do not be carried away by what they say. Get your hints from the symptoms narrated to you and just think about the root cause and within a minute you will be able to locate the exact root cause.

In case of common cold, tonsillitis, sinusitis, asthma, etc. many times the root cause is cold due to heat. In such cases you will observe that point no. 28 of adrenal when pressed would be paining—common cold is often misunderstood and it is suppressed by drugs (creating more heat in the body), there is a temporary relief, but as soon as the body becomes healthy, it tries to throw out excess water from the system and again diagnosed as a case of common cold. When such a phenomenon continues, it is declared as an allergy—the patient becomes a chronic case of sinus, tonsillitis, allergy and sometimes asthma. Later on, such patients get arthritis, rheumatism, etc.

In all cases, the lungs of the patient are clear in the beginning and only after continued chronic cold, are sometimes affected and this develops into asthma.

"A lady had asthma for 20 years. On examination of point no. 28 of her adrenal it was found damaged. As such she was put on treatment for cold due to heat. In the beginning cold increased, she continued treatment and along with the same

she took 2/3 glasses of lukewarm gold/silver/copper charged water and to her own surprise she got rid of this chronic problem in 40 days only."

This method of diagnosis is a very unique feature of this therapy. It helps you to locate a developing disease even before its outward symptoms appear. For example, if you have eaten or drunk anything which contained germs of jaundice, the liver gets damaged and within 48 hours or less, you can find that the point related to liver (point no. 23) is hurting. Now, jaundice is traced in blood after four days and in urine after five to seven days. **An early diagnosis of any disease is always the most important factor for its cure.** You come to know what is wrong with you without any tests and can thus cure the disease at the earliest before it worsens in the body. Such early detection is possible also for Cancer and is most necessary in controlling it.

(3) **Cure** : As laymen, we are not much interested in knowing the name of the disease. We are more interested in getting rid of it once we have diagnosed it by the above method. The cure is very simple. After you have pressed your palms or soles for 10 minutes as a daily routine and located the points where it hurts, you apply pressure like pumping for two minutes at a time only on the points where it pains. Repeat this treatment thrice during a day. This treatment has to be continued only till you feel pain on that point. When the pain is removed, the disease is also removed with it and you are cured. Then this extra treatment has to be stopped. As this therapy is based on bioelectricity, the relief is many times faster than even by injections. Therefore, sometimes the pain goes away within 1/2 to 1 minute only.

In case the symptoms of the disease initially aggravate during the treatment it is a clear sign that this treatment is working properly. Nature wants to remove the disease from the body and so when you take this treatment, sometimes the symptoms initially aggravate. For example, when you have cold and headache, you will find pain on point nos. 1 to 7

and 34. When you take treatment by pressing them the congested water is thrown out of the body, so the nose may start running or you may start sneezing.

In the case of a chronic disease, you will start getting some relief-improvement within 8 to 10 days and with continued treatment the illness will be completely cured.

The motto is : If you feel pain, press it out.

Position : Treatment can be taken in any position convenient to you i.e. while sitting, lying, standing or even travelling. Therefore, no special time is needed for taking this treatment. This treatment can be taken by the patient himself or can be given by others. For example, children or invalids can be given this treatment by parents or others. (See fig. 18)

Limitation : Most of the diseases are cured with this treatment. However, if you do not find even 15% improvement after taking the treatment for 12 to 15 days, it indicates that the damage/illness is severe and that you are in need of further assistance by way change in diet, medical assistance or even hospitalisation.

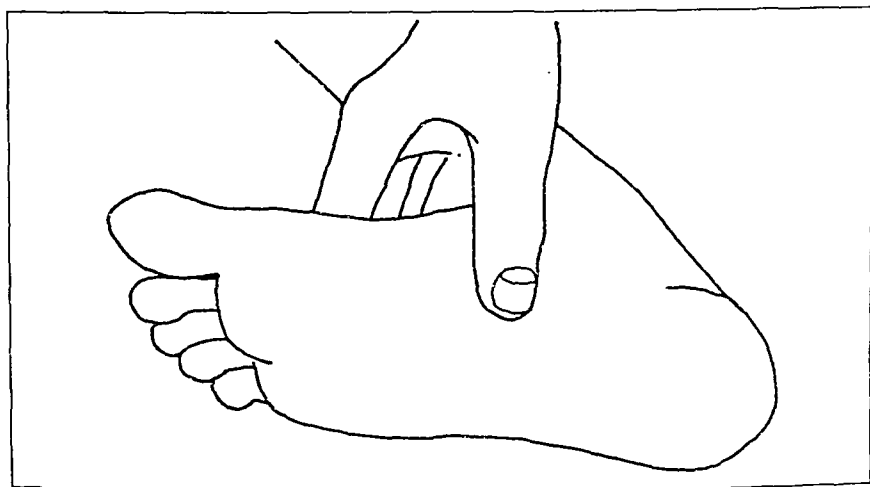


Fig. 18

Time : Though this treatment can be taken any time during the 24 hours of a day, it is advisable to avoid it for one hour after meals.

Side Effects : An important feature of this treatment is that there are no side effects. The treatment is harmless and can be safely given even to a one day old child. As there are no side effects, you can take this treatment as a daily routine.

You will discover that by making Acupressure a regular habit : –

- (1) All the organs will be recharged and all the endocrine glands will be controlled, thus leading to the proper functioning of the body and reduce the possibility of illness.
- (2) You will get a free daily medical check-up and anything wrong in your body will be found out immediately.
- (3) You can cure the disease at the earliest and thus you will become your own doctor.
- (4) You will be free not only from minor diseases like cold, headache, cough, etc. but also from dreaded diseases like Cancer, heart-attack, blood pressure, paralysis, diabetes, etc. **The net result will be that you will enjoy perfect health.**

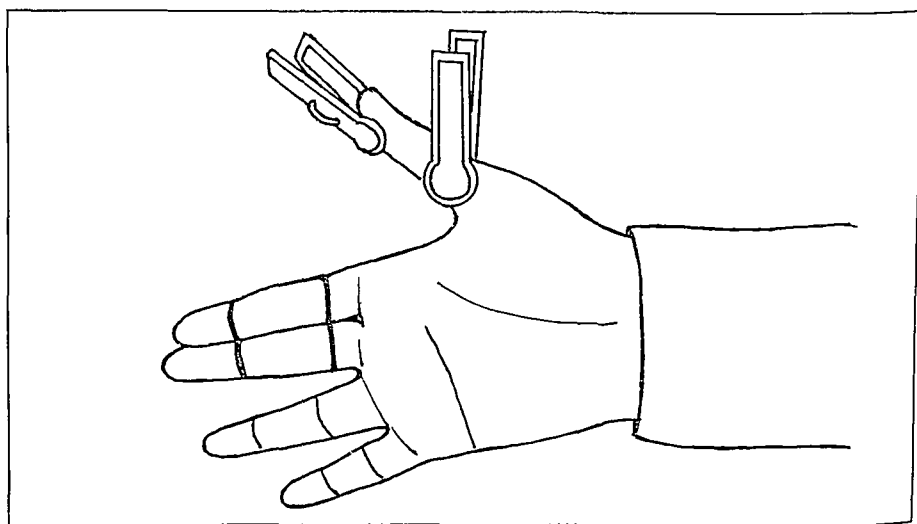


Fig. 19 : Picture showing how to use clothes-clips or rubber bands to create an anaesthetic effect

Anaesthetic Effect : If continued pressure on any point

is applied for more than three minutes, it creates an anaesthetic effect on the organ connected with it. If the points are on fingers, clothes-clips or rubber bands can be used as shown in fig. 19. In case the tips of fingers or toes become blue, this pressure should be removed. Such continued pressure on corresponding points is very useful during severe headache, stomachache, etc. For toothache, continuous pressure is to be applied on the tips of the fingers relating to that particular tooth. (See fig. 20)

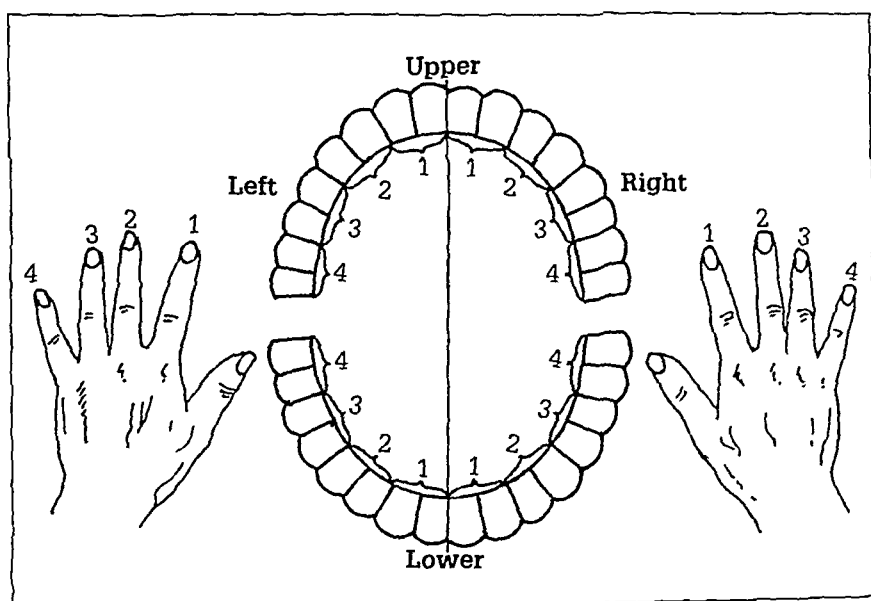


Fig. 20 : Picture showing which finger is to be pressed continuously for removing toothache in different teeth

Dr. 'M' reports : "I went to an exhibition. In one of the stalls, I found the proprietor sitting in a corner, pressing his face. On inquiry, I learnt that he had a severe toothache in the last lower tooth of the right side. I told him that I was a Medical Practitioner and asked him to press the tip of the last finger continuously for five minutes. Afterwards, I went away and came back after about an hour. I had to search for the fellow who was very busy with his customers. He saw me and came running to tell me that his toothache had gone completely."

Precaution : It is observed that many people go on pressing the points for a longer time or many times during the day in the hope of an early cure. But this may damage the switches and due to overworking of the battery, may lead to weakness. Further, more toxins would come to the kidney and thereby cause it to overwork which sometimes might damage it.

You may study the diagrams properly and follow the instructions. You need not worry even if the pressure is applied around the point and not exactly on it.

Instruments : A well known Acupressurist of U.S.A. with a practice of over 50 years, writes that **the best instruments are the thumbs and the fingers**. In the picture below, a few handy instruments like, hand massager, wooden clips, rubber bands, copper wire, aluminium combs

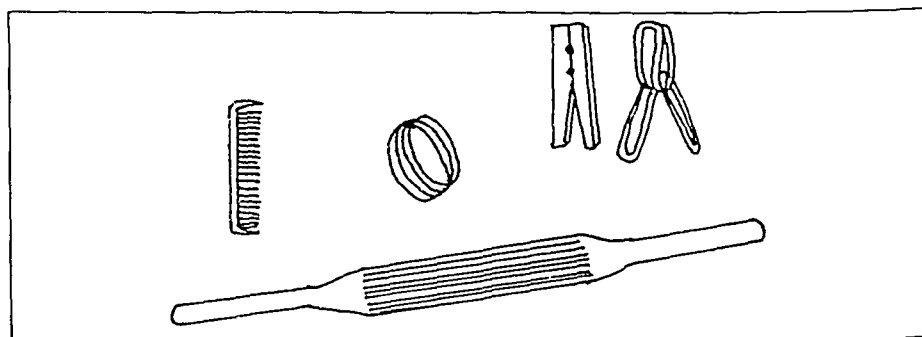


Fig. 21 : Picture showing handy devices like clothes-clips, rubber band, wooden stick, copper wire and grooved wooden rolling pin

and wooden roller with grooves, are shown. Costly instruments like Fancy wooden rollers, sandals, mats, etc., are not considered to be necessary. These instruments only activate the organs in general, but Diagnosis or Cure is not possible with their help. Moreover, their excessive use may be harmful.

USEFUL IMPORTANT HINTS

How to empower the battery?

In order to get faster relief and break the vicious cycle of diseases it is advisable to do the following to recharge the battery—to empower the immune defence system :—

(1) **Perform Pranayam** : The easy four step way :

1st Step : Inhale the air counting 1-2-3-4.

2nd Step : Then keep the air in the lungs counting 1-2-3-4.

3rd Step : Then exhale the air counting 1-2-3-4.

4th Step : Pause—do not inhale counting 1-2-3-4.

Then repeat 10 to 15 times, three to four times a day and with practice go on increasing the count to about 10 to 12. During the pause, the lungs get rest and are revitalised. This type of controlled breathing called Pranayam was tried on TB patients in a hospital in Chicago and the results were astounding.

Once you reach a count of 10, you may do Pranayam, as follows :

Inhale counting 10

Retain counting 20

Exhale counting 10

Refrain-pause counting 10

i.e. in the ratio of 1 : 2 : 1 : 1.

Control of five basic elements through Pranayam-

Mudras : While doing pranayam, even the five basic elements of the body can be controlled because they are represented by the different fingers as follows :—

Thumb — fire or sun

Index finger — wind or air

Middle finger — sky or space

Ring finger — earth

(4th finger)

Small finger — water

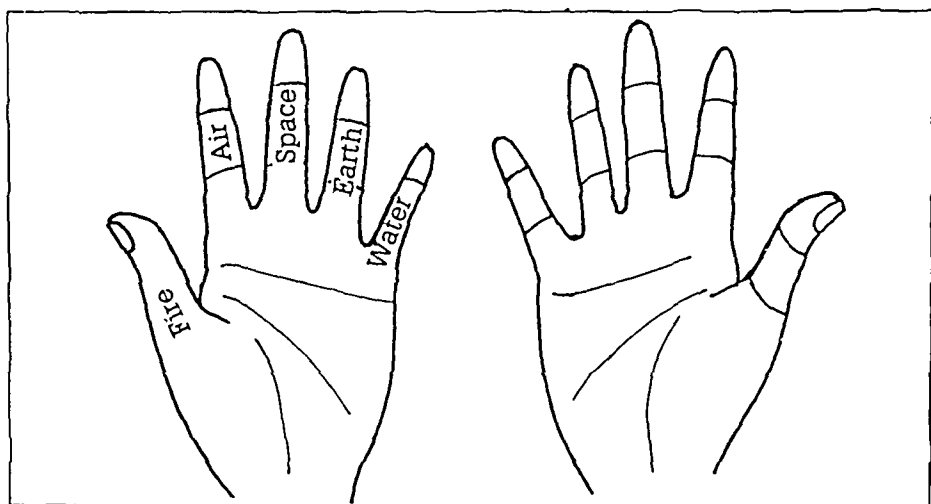


Fig. 22 : Five fingers represent five elements

Now, through different combinations of these fingers-mudras, we can not only control these elements but also cure many diseases. This can be done in any position but sitting in a lotus position or 'sukhasan' is advisable for better results. These mudras can be started for 10 minutes and can be done for at least 30 to 45 minutes. Some of such mudras are shown below and **are to be performed by both hands simultaneously.**

(1) **Meditation Mudra** : Simply touch the thumb with the index finger, Pressing is not necessary.

Benefits : This helps in increasing brain power, mental concentration, memory, etc. and cures problems of sleeplessness, tension, lack of concentration.

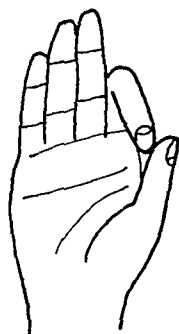


Fig. 23 : Meditation Mudra

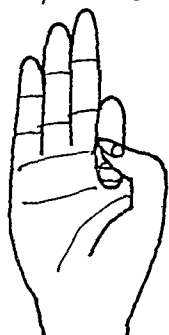


Fig. 24 : Vayu Mudra as shown in the figure 24.

(2) **Vayumudra (Air)** : Keep the index finger on the base of the thumb at the mount of Venus and press with the thumb

Benefits : It cures rheumatism, arthritis, gout, Parkinson's disease and blood circulation defects. For better results, also do Pran Mudra.

(3) **Shunya Mudra (space) :** Keep the middle finger at the mount of Venus and press it with the thumb as shown in figure 25.

Benefits : It helps in curing earache, deafness, vertigo etc., It is necessary to do this Mudra for 40 to 60 minutes to get the best results.

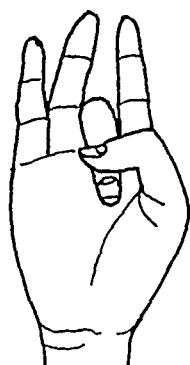


Fig. 25 : Shunya Mudra

(4) **Prithvi Mudra (earth) :** Put the ring finger together with the thumb as shown in figure 26.

Benefits : It cures weakness of the body and the mind. It increases life force (*chetna*) and gives new vigour to an ailing person. It also gives peace of mind.

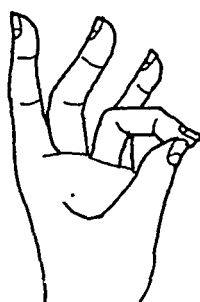


Fig. 26 : Prithvi Mudra

(5) **Varun Mudra (water) :** Put the tips of the thumb and the little finger together as shown in figure 27.

Benefits : It cures impurities of blood, skin problems and makes the skin smooth. Useful in gastroenteritis and any other diseases that cause dehydration.

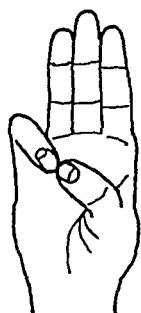


Fig. 27 : Varun Mudra

(6) **Sun Mudra :** Bend the ring finger and on its outer side on the second fold, press with the thumb as per figure 28.

Benefits : It creates heat in the body, helps digestion and helps in reducing fat in the body.



Fig. 28 : Sun Mudra

(7) **Pran Mudra (life energy)** : Bend the little and the ring fingers so that their tips touch the tip (front edge) of the thumb as shown in figure 29.

Benefits : It increases the life force and cures nervousness, and fatigue, also helps increasing the power of eyes and in reducing the number of eyeglasses.

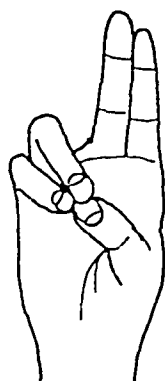


Fig. 29 : Pran Mudra

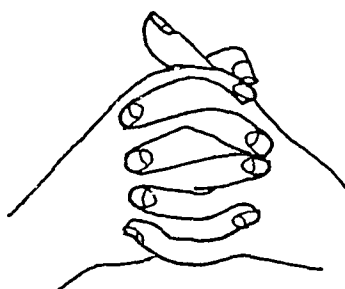


Fig. 30 : Ling Mudra

(8) **Ling (Shiv) Mudra**
Join both the palms and interlock the fingers, keep the thumb of the left hand vertically straight and encircle it with the index finger and the thumb of the right hand as shown in figure 30

Benefits : It increases the resistance power of the body against cold and bronchial infections and also against changes in weather, fever due to cold. It gives power to lungs, creates heat in the body and burns up accumulated phlegm and even fat. While practising this mudra one must drink plenty of green and fruit juices and water, at least eight glasses a day.

Now, when performing these mudras if pranayam is done, you will get better results.

Retention of air : While doing pranayam, after inhaling air, press the upper part of thumb no. 1 with the index finger. You will be able to retain air easily in the lungs for a longer time than without such locking. See figure 31.

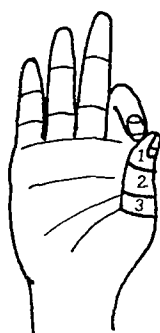


Fig. 31

Now if, the middle of thumb no. 2 is pressed, the retention increases. See fig. 31. Now if the base of the thumb (No. 3) is pressed, the retention is the maximum. If there is more retention of air in the lungs it is fully utilised, gives better power to blood and body. This will also mean that lesser number of breaths are taken. According to Indian philosophy, our life span is fixed and is measured not in minutes, days and months/years but in the total number of breaths. Now by doing pranayam and retaining air in lungs for a longer time, we reduce the total number of breaths during the day. This will help us to increase our longevity.

1st Method (Sun Pranayam) : For increasing heat in the body, close the left nostril, inhale through the right nostril and exhale through it whilst counting 1 to 10 as mentioned above. As the right nostril is connected with the Sun (known as Pingala nadi in Yoga) inhaling and exhaling through it will produce heat in the body. Therefore, this pranayam is very useful in winter and monsoon and for diseases like cold, asthma, polio, paralysis, bronchitis, arthritis, TB, etc. where heat is required.

2nd Method (Moon Pranayam) : For increasing coolness in the body, close the right nostril, inhale and exhale through the left nostril whilst counting as above. The left nostril is connected with the Moon (known as 'Ida' in Yoga). So, it produces coolness in the body. Therefore, this pranayam is useful in diseases like fever, sunstroke in summer, etc. where coolness is necessary.

3rd Method (For balancing of heat and cold) : Inhale through the right nostril and exhale from the left nostril and then inhale through the left nostril and exhale from the right nostril. This will control the heat of the body.

During the period the breath is held inside, pull the stomach inside for more effective results as well as for reducing the tummy.

Please see to it that while inhaling, your chest expands by five to seven cm. Better results can be obtained by breathing as above. Pranayam should be done in a comfort-

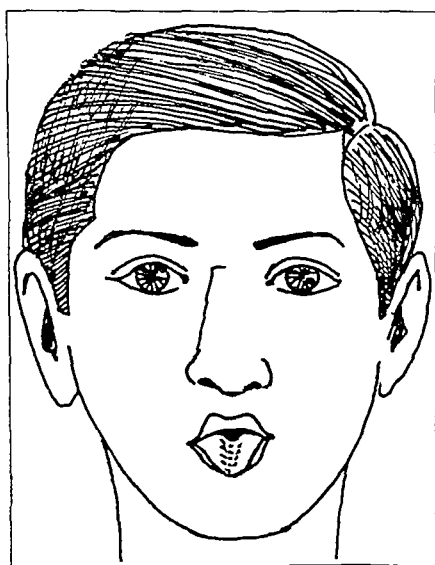
able posture, by sitting upright on the ground or a chair/sofa, or can be done in a standing position or even while walking.

Breathing from the desired nostril—right or left—can be effected by closing the other nostril. Otherwise, if you lie down on the left side of the body, the breath will flow from the right nostril. In India, people are advised to lie down for 10 to 15 minutes on the left side after lunch or dinner so that the breath is linked with the sun, producing heat in the body and helping digestion. Similarly, if you lie down on the right side, the breath will flow from left nostril which is useful during too much heat or fever.

4th Method (Kapalbhati) : Sit upright in a quiet place. Inhale and exhale very fast through the nostrils. Start with 10 times and go upto 50 times in a minute. Do this pranayam for two minutes/twice a day.

5th Method (Bhastrika) : Open the mouth, inhale slowly through it and then immediately blow out hard. Do it one to 15 times. Do this pranayam every time after you do 'kapalbhati'. These will clear any congestion in head.

Shitli i.e. How to create cooling effect in the body :



Open the mouth, put out the tongue and inhale (draw in) air through the mouth. Close the mouth and retain the air as much as possible. Then exhale through the nose. Repeat 15/25 times. You will immediately feel cool. This method is called Shitli (शीतली) in Yoga and found to be useful in summer, sunstroke, fever or whenever cooling effect is necessary e.g. Kaposi's sarcoma in AIDS.

Fig. 32 : Picture showing how to create cooling effect in the body

Regular practice of pranayam and breathing exercises will ensure proper

oxygenation of all the parts of the body and cure many diseases. Proper oxygenation helps in purifying the blood and removal of toxins and carbon dioxide from the body. This, in turn, will reduce the unnecessary burden on kidney, reducing the possibility of skin diseases and failure of kidney. Moreover, pure blood enables proper functioning of all the organs and thereby increases vigour and vitality.

These breathing exercises are beneficial to all and should be practised daily. However, these exercises are a must for the treatment of cold, cough and asthma, TB and mental disorders like polio, meningitis, nervous breakdown, muscular dystrophy, etc.

Blue Light & Red Light :

(1) (a) 90 minutes from sunrise and 60 minutes before sunset; keep a glass of the desired colour (blue or red) in the sunlight in such a way that the rays will fall on the affected parts of the body. While taking this sunlight care should be taken to see to it that the patient is not exposed to strong, direct wind.

(b) If it is not possible, take a coloured bulb of 60 to 100 watts. If such a coloured bulb is not available, take a plain bulb, a gelatin paper of desired colour; four fold it and wrap it around the bulb. Light the lamp, keep the affected part 18 to

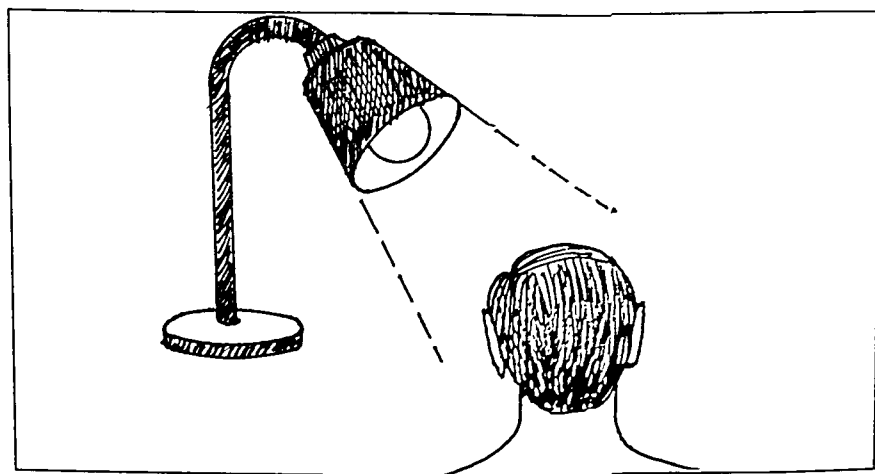


Fig. 33 : Picture showing how to take blue or red Light

20 inches away and take the light for 1 to 2 minutes **Red light** or 5 to 10 minutes of **Blue light** twice a day as recommended.

(2) Drink lukewarm water, preferably iron/copper/silver/gold charged water at least two glasses reduced from four glasses.

(3) Drink 2 to 3 cups of green juice
adding to each cup 1 teaspoon health drink
also adding to each cup 1 tablespoon honey.

Sleep :

(4) The battery of our body is recharged during sleep. So it is most important to have good sleep.

The above four things help to recharge our unchangeable battery. **This battery is capable of curing almost all the diseases.** And that is why it is most important to recharge this inner battery.

Health Powder/Drink : In 300 g of Amla powder (an ayurvedic preparation—made out of a fruit called Amla) add 100 grams of dried ginger powder. Mix them. Take one teaspoon of this powder with water twice daily or add it to green juice.

Otherwise, in four glasses of water add two teaspoons each of Amla and ginger powder (use fresh Amla and ginger if available) and boil it and reduce it to three glasses. Filter the water and drink it during the day. If desired, honey can be added to it.

Amla is a concentrated form of Vitamin "C". It has 16 times more vitamin than lemon. Such a drink will give protection to the body against cold and other diseases and increase digestive powers.

People in the West take apple cider which is also beneficial. The health drink is beneficial to all, especially to the convalescing people, old people, expectant mothers and growing children.

Green vegetable juice : 25 gm mixture of the fresh juice of the following green leaves and vegetables is also beneficial.

Leaves of tandaljo or spinach, leaves of methi (fenu-greek), cucumber, leaves of phudina (mint), tulsi (holy basil), lettuce, corriander and cabbage leaves. All types of non-poisonous leaves can be used. Even carrots-radish can be added.

How to prepare the green juice : First, wash all these leaves, vegetables, etc. first with salted water, then with clean water. Then crush them or blend them. Collect the paste (चटनी) in a piece of clean cloth and squeeze and filter it. And green juice is ready.

The remaining paste (चटनी), can be mixed with little cream, turmeric powder and applied on face as a face mask. Keep it for 10/15 minutes. Wash it with fresh water. In 10/15 days, the face will glow.

Copper/Silver/Gold and Iron charged water : It has been found that the following minerals are useful for treating diseases connected with the organs as follows :

(1) **Copper :** Useful for all diseases and problems connected with the nervous system e.g. high B.P., arthritis, polio, tension and leprosy.

(2) **Silver :** Useful for diseases of the organs connected with the digestive system and the urinary system.

(3) **Gold :** Useful for disorders of the breathing system, lungs, heart, brain and as a general tonic.

The charged water can be prepared as follows :

(a) Copper charged water : Put 60 g of pure copper plate/ingots/wire or six to eight copper coins in a vessel containing four glasses of water and boil it.

(b) Silver charged water : Put 30 to 60 g of silver-pure bullion or pure coins (.999 purity) in a vessel containing four glasses of water and boil it.

(c) Gold charged water : Put 15 to 30 g of gold-pure bullion gold coin or ornaments (chain or bangles) of 22 carat gold in a vessel containing four glasses of water and boil it.

- (d) Iron charged water : (In case of deficiency of iron in blood, anaemia or during pregnancy) Put 60 g of unrusted piece of iron (nails, etc.) in a vessel containing four glasses of water and boil it.

All these metals can be put together in water, in the proportion of gold 15 to 20 g/silver 30 g/copper 60 g/Iron 60 g. It should be borne in mind that all the metals put in the water are thoroughly cleaned and are not rusty. Use stainless steel, copper or pyrex glass vessel.

Boil and reduce 25% of the water i.e. retain three out of four glasses of water after boiling. Filter this water, keep it in a thermos if possible and drink it lukewarm/hot during the day. Drinking one such glass of this water the first thing in the morning is very beneficial. In acute cases, this water may be boiled down to one glass or even half a glass. When you drink such concentrated water, avoid sour things like lemon, sour buttermilk, etc.

This charged water is found useful for good health. And it is a must for the treatment of any problems connected with the improper flow of the current of bio-electricity i.e. high B.P., polio, rheumatism, arthritis, paralysis, chronic diseases including cancer, etc. The use of concentrated gold charged water has given wonderful results in case of mental retardation, muscular dystrophy, TB, heart attack, etc., and is a good brain tonic too.

Chapter – 4

ENDOCRINE GLANDS–REGULATORS OF THE BODY

Nature has provided the body with proper regulators and protectors. These are the endocrine glands. The knowledge so far available in the West about these ductless endocrine glands is very limited. However, yogis in India were aware of its great importance working and control of them, even before 6000 years and have described them as *chakras*.

Name of Chakra	Equivalent endocrine gland	Its functions
(1) Sahastrar	Pineal (Point No. 4)	Regulates water balance; Acts as a manager of all the glands; controls cerebrospinal fluid and sexual desires; stimulates growth of nerves.
(2) Ajna	Pituitary (No. 3)	Controls air and space. It is like a king of all the glands : controls growth of the body and the brain power and also memory.
(3) Vishudha	Thyroid/Parathyroid (No. 8)	Controls air – so lungs and heart; controls temperature regulation; governs energy production through the control of calcium.
(4) Anahat	Thymus (No. 38)	Acts as a godmother till child reaches puberty i.e. 12 to 15 years.
(5) Manipur	Adrenal and Pancreas (No. 28 & No. 25)	Controls fire and production of digestive juices; Regulates blood and sugar level; controls stress-active-ness and character building; controls sodium and water balance.
(6) Swadhisthan	Solar Plexus (No. 29)	Controls Apan Vayu “(अपान वायु)” and so movement of the stools and urine; also controls all the organs below diaphragm.
(7) Mooladhar	Sex/gonads (Nos. 11 to 15)	Controls water and phosphorus content – produces sex hormones.

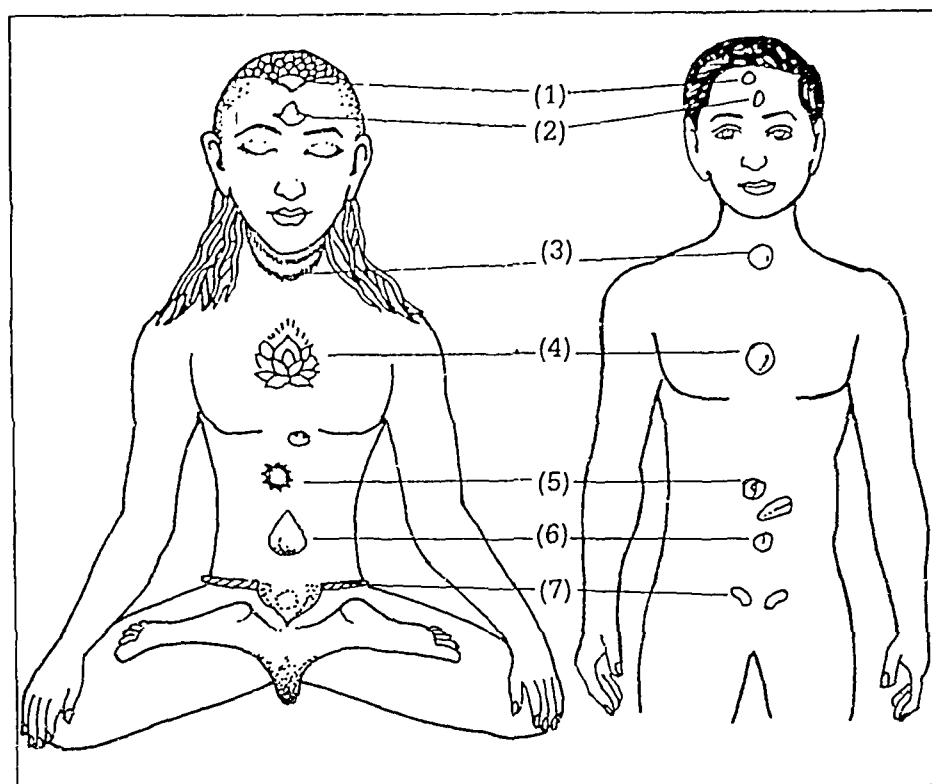


Fig. 34

These main endocrine glands produce internal secretions which on getting mixed with blood go to build up the body and maintain it in a healthy condition. The *yogis* have shown that these endocrine glands—'chakras' also mould the mind and character. In the second chapter, it has been mentioned that with certain yogic exercises, the latent electricity lying in the bottom of spinal cord can be moved upwards and the power of these endocrine glands can be increased manifold. They have narrated about the wonderful character one could acquire by lightening these pituitary and pineal glands.

The main functions of these glands are to maintain the metabolism—control of the five basic elements (chapter II) of the body; regulate the functions of all the organs and the brain; also to adjust the body against changing environment and thus to protect the body against any illness. These

glands play a very important role not only in the development of our body and mind, but also in the development of our looks and even character. From my experience, I have found that even psychological problems are connected with one or another of the endocrine glands and treatment of the same has given wonderful results. Thus, these endocrine glands play a vital role in our well-being and happiness.*

If these endocrine glands of our body do not function properly, it will affect our nature. For example, if adrenal does not function properly, working of the liver is affected and one becomes fearful, peevish and ill-natured; if the sex glands are overactive one becomes passionate and selfish; if the thymus is not normal, one becomes mean; if the pituitary is not normal one becomes pitiless, doer of crimes and this leads one to become a thief, a dacoit—even a murderer.

It is, therefore, most necessary to control these endocrine glands which can be easily done with Acupressure.

There are seven endocrine glands in the body. They are interrelated and dependent on one another and assist one another. **So while treating one gland, it is necessary to treat the other glands as well.** In case of any problem that persists for about eight to ten days, you will find that there is a pain on points (no. 8) of thyroid/parathyroid, which are the barometers of the body. In case of chronic problems you will notice that points of more than one endocrine glands are painful.

(1) **Thymus gland (point no. 38)** : This is a very important gland and can be considered as the god-mother for the child. It protects the growing child against any disease. If treatment for two minutes is given twice a day on the point of this gland in the soles till the child is one year old and then also in the two palms till the age of 12/15 along with treatment on points of all the other endocrine glands and

* It has been discovered by urologist J. Edwin Blackwell in 1979, that all the systems of our body can be kept functioning properly by activating the exocrine and endocrine glands.

organs, the child will grow and develop properly in body and mind.

Once the body is fully developed, the gland shrinks and stops its activities. However, if for some reason, it becomes active, it produces dullness and general fatigue leading to total inactiveness. (known as Myasthenia). The point of this gland is situated under point no. 30 and as such deeper pressure is to be applied on point no. 30 to reach the point no. 38 of Thymus gland.

Thyroid/Parathyroid Glands (point no : 8) : These glands play an important role in the development of the child's body. As they digest calcium and phosphorus and eliminate poison, toxins, they control the heat of the body and thus maintain its health. If these glands do not function properly, it leads to weakness, diseases—even twisting of muscles—rickets and convulsions and so the development of a child is retarded—the child becomes fat and dull. Similarly, the overworking of this gland leads to overgrowth-bulging eyes, goitre, protuding Adam's apple and tendency to become a bully. Even after puberty if this gland does not function properly, it leads to problem of calcification—stone. The gland controls the element of air and so the lungs and the heart.

It also helps build human qualities like affection—love—capacity for high thinking and concentration, leading to self control—balanced temperament, purity of heart and unselfishness. When it is disturbed, a person becomes mentally unsteady—too talkative and ungrateful. When this gland is damaged along with sex glands during pregnancy and or after child birth or removal of ovaries, women tend to become plump and put on weight around the abdomen and waist.

"Mr. V reported that two patients discharged from a reputable hospital in Mumbai were incurable. They were found to be suffering from toxic thyroid and were given Acupressure treatment. On the fourth day both the patients showed signs of improvement and within 40 days, they were completely cured."

As these glands are barometers of the body, there is pain on point no. 8 when there is a problem that persists more than a week. They play a vital role in our health and happiness and as such their points occupy a big place in our palm/sole. When these glands do not function, adequately there is a deficiency of calcium; so it is also necessary to make up the deficiency of the body by taking calcium—cal. phos + cal flour-biochemic medicines.

Ovary-Testes-Sex-Gonad gland (pt. nos. 14-15) : These glands maintain the unbroken chain of procreation. They also regulate the water element and so nerves, cells, flesh, bones, bone marrow and semen.

Malfunctioning of these glands is noticeable only when children start getting mature; at the age of 12 to 14 girls have problems of menstruation—late or painful or too little—leading to pimples and excess heat in the body; or sometimes too much bleeding leading to anaemia. This leads to underdevelopment in the body.

As for boys they turn to masturbation, start getting erotic dreams, become shy—often disturbing the growth of the body and beard. Moreover, this creates psychological problems, which if not solved immediately, become the root cause of unhappiness for couples in their early married life.

A regular and proper functioning of these glands helps in the maintenance of the heat of the body and plays an important role in contributing to the attractiveness of the body of a girl. Moreover, their nature becomes amiable; they become charming with good manners and agreeable words—and they enjoy good health. Its disorder makes one selfish, envious, censorious, lustful and of angry disposition.

After delivery and operation for sterilisation, if these glands function less, fat starts accumulating in the body. So to maintain a proper figure, women are advised to take treatment on their points no. 14 and 15 during and after pregnancy. Further, these glands secrete sex hormones. Insufficient working of these glands creates rigidity and

problems during the menopause. Sometimes, the root cause for not getting a child can be traced to the damaged condition of the sex glands of the couple.

'A doctor couple had no issue even 14 years after their marriage. Both of them started treatment on the points of these glands and within 15 months, they became the proud parents of a baby girl.'

Pancreas gland (point no. 25) : These glands regulate digestion of sugar—glucose in the body by creating insulin. In modern times due to the excessive use of sugar (not the natural sugar in cereals-fruits-milk-honey—which is easily digestable) it has become more necessary to look after the proper-functioning of this gland.

Further, as per latest research, it has been observed that overfunctioning of this gland leads to low blood pressure, migraine and only at times creates more desire for sweet foods—leading to Diabetes and sweet drinks leading sometimes even to alcoholism.

"Mrs. G", wife of an Income tax officer, suffered from severe migraine for years. She started taking Acupressure treatment and within 15 days she was completely cured."

"Mr. P", an acupressurist, observed that this pancreas gland was overworking in all sixty workers who were feared to be alcoholics. He showed them how to take treatment. More than 70 % of the workers stopped taking alcohol."

Adrenal Glands (point no. 28) : This gland controls and regulates the fire element of the body and so controls the spleen, liver and gall bladder and assists in the creation of biles and digestive juices. Qualities like keenness of perception—untiring activity—the drive to action—energy and courage, are due to the proper functioning of this gland. It also intensifies the flow of blood; helps proper oxygenation and develops organising power—lead to leadership. It plays an important part in the character building of a child.

In case of disorder of this gland, persons abuse their natural vigour to satisfy their lust or antisocial activities.

They suffer from a sense of vain glory and are conceited, they become extremely restless, impatient and short-tempered. They cannot control diet and suffer from stomach problems and blood pressure. Such persons become fearful, timid and lose vigour to face problems of life.

“A Prince had lost interest in life from the age of 16. He stopped studies in the final year of University and had no interest even in sex. So he did not marry. At the age of 31, after he unsuccessfully tried treatment under various therapies, he consulted an acupressurist. On examination, his thyroid and adrenal glands were found to be damaged. The acupressurist told that the cause of all his troubles was some type of deep fear—a severe shock which had damaged his adrenal gland. The King admitted that the Prince had at the age of 16 joined him on a hunt and had fallen down from the horse and was miraculously saved from a tiger, since then he had halucinations and lost interest in life. The prince was given Acupressure treatment and gold-silver-copper charged water to drink. Within 30 days he became normal and started taking interest in his hobby of painting and also in his usual chores.”

Pituitary gland (point no. 3) : This gland controls air and space in the body. This gland is like a king of all the glands and sends orders to all the others. It controls will power, our sight, hearing, memory and discrimination. It also rectifies the faults of the other glands.

In case of its predominance, it helps people to become great geniuses, eminent literary men, poets, scientists, philosophers and lovers of mankind.

As this gland controls the growth of the body, its over-working leads to people becoming physically large in size. While its insufficient functioning may result in becoming them into dwarfs.

This gland also governs the growth of the mind and brain. This gland may be damaged due to fear or injury or sometimes, due to tension during pregnancy. This also leads

to the malfunctioning of the other glands. And that results in mentally retarded children. The pregnant women should take treatment on all the endocrine glands, this will avoid damage to foetus. Further, those children whose gland is not working sufficiently, tend to become mean, heartless, mischievous, tend to become bullies, liars and disobedient. They are even led to steal. With the proper treatment of this gland, in most cases the parents and teachers will get amazing results. As this gland and the pineal gland are situated in the head, it is harmful to hit the children on the head.

"A 16 year old girl from a well-to-do family was reported to be stealing petty things from her classmates and no amount of persuasion, scolding or even corporal punishment had any effect on her. An acupressurist found that the point of her pituitary gland was tender and on further examination her sex glands were also found to be damaged. On enquiry she admitted that she had scanty as well as painful menses which was the root cause of her habit of stealing. She started taking Acupressure treatment and within 15 days, she stopped stealing and within 45 days, her menses became normal."

If the growth of the body and brain is not normal, give treatment on point no. 3 in the middle of the thumbs and big toes, to give necessary stimulation.

This gland could be damaged during pregnancy and child birth, which can lead to malfunctioning of the other glands especially sex glands which in turn can lead to obesity after childbirth. All these prove the great importance of maintaining this gland in proper working order.

Pineal Gland (point no. 4) : It acts as an organiser and controller of all the glands. It controls the development of the gland and regulates them. Malfunctioning of this gland leads to high blood pressure and also premature awakening of sex glands resulting in sexual delinquency. Moreover, it controls the potassium/sodium balance in the body and so its malfunctioning leads to excessive retention of fluids in the body

which can be mistaken for a serious kidney problem. It controls the flow of cerebrospinal fluid and thus keeps all the glands and body vitalised, strong and healthy.

It is also known as the primitive third eye. The predominance of this gland generates a sense of sublimity—helping men grow into sainthood, endowed with divine qualities. These people have great wisdom and tenderness of heart, but also strong will power and so are not affected by physical sufferings or sorrow.

Lymph glands (point no. 16) : Although they are not endocrine glands, because of their importance, they have been included here. The point of these glands is under point no. 16 in the middle of the wrists. They control the immune defence system of our body, prevent the formation of pus on any cut or boil on the body and quickly heal the wounds.

These glands help clear the toxins from the body—clear the dead cells from the system. But when such toxins and dead cells are in excess, these glands have to overwork and become weak and tender. At that time when you press on the point of these glands, it pains. If such pain continues, it means that these glands are not able to stop the malignant growth forming from toxins and dead cells. As such the first symptom to detect cancer even at a very early stage is to find out whether there is any pain on this gland. Moreover, it has also been found that if there is a pain on these glands and also on points of pancreas it indicates diabetes—increase of glucose in the blood. Thus you will observe that to prevent cancer and sugar in the blood, it is most necessary to keep these glands in active condition.

Increasing the Will Power : Our mind has a great effect on these glands. For example, continuous fear damages the pituitary gland and makes one timid. Similarly, tension and worry disturb the pineal gland and so leads to high blood pressure and as pineal gland controls other glands it disturbs other glands and digestive system. In modern times, stress, tension or worry have increased and often they disturb these

endocrine glands. If these endocrine glands are not treated immediately, it might lead to malfunctioning of other glands in the body. As these glands are interrelated, whenever one gland is disturbed, the other glands also get disturbed. So when you press on the points of these endocrine glands, you will observe pain on points of more than one gland – especially in case of chronic diseases. Therefore it is very important to give treatment on all endocrine glands and keep them under proper control.

Since these glands also control the mind – the will power, so in order to get rid of bad habits like smoking, drinking alcohol, drug addiction or even over-eating, it is necessary to give treatment on all the endocrine glands for at least 15 days. Because, these people lack the necessary will power to refrain from such bad habits, they often break their vows to stop such bad habits and are considered unreliable. However a treatment of 15 days will give them the necessary will power to stop these bad habits on the sixteenth day. And they will be free from the side effects of these bad habits.

“A Government officer had the habit of drinking alcohol every evening. He started Acupressure treatment and drank hot water in the evening. Surprisingly enough he succeeded in getting rid of his habit of drinking.”

“A young man was addicted to drugs – In spite of many persuasions by his mother and brother, he continued breaking vows and taking drugs. He was advised Acupressure treatment and so after one month he got himself free not only from drugs but also from smoking and even masturbation.”

It has been observed that if children are taught to take this treatment from an early age of 8-10; not only will their physical growth be normal but they will have no problems at the time of puberty and inclination towards delinquency and they will become attractive and will develop a well balanced outlook on life and will be able to live happily as good citizens.

If the police-crime department tries this treatment on the juveniles and criminals, it will be possible to reduce the crime rate.

Many problems are considered to be the psychological; are result of improper functioning of these endocrine glands. So with proper treatment on these glands, such problems can be easily solved, e.g.

“A girl with a bright record in school, had at the age of 17, a typical problem. About 45 days before her examinations, her hands would start shivering a few minutes after she started studying and the book would fall down. So she was not able to prepare for the examination and day by day she became more nervous. An acupressurist was consulted. He found her adrenal gland to be tender—damaged. On further examination her sex glands were also found to have been disturbed. She admitted that she had profuse bleeding before this complaint started. She started taking Acupressure treatment and in due course passed the examination creditably.”

It has been admitted by allopathic practitioners that by taking unnatural hormones like estrogen to counter the effects of menopause, the possibility of developing cancer in the body greatly increases. The best way to control hormonal balance, is to take treatment on point nos. 11 to 15 at least twice a day. That will ensure that this natural phenomenon of menopause passes away without any side effects. Moreover, when sex glands are disturbed, thyroid and parathyroid glands are also disturbed, leading to decalcification—leading to fracture or forming of stones. As such, treatment on point no. 8 and other endocrine glands is necessary.

It has been observed that in case of the cancer, as the disease progresses, these endocrine glands become more and more tender, and because of overworking, they become tired and eventually stop secreting the most vital hormones in the body and damage the very metabolism of the body and at this stage this disease is considered malignant, and if proper treatment is not taken, it develops rapidly and becomes deadly. Hence, the great importance of controlling all these endocrine glands must be properly realised. If all these endocrine glands are controlled properly and thereby all the organs, the possibility of cancer becomes remote.

It is only Acupressure which shows the proper way to control these vital glands in the easiest way. As these endocrine glands are inter-related, in order to correct the defects of one gland, it is necessary to give treatment on all the endocrine glands. These glands are situated deep inside the body and so a little more pressure preferably with the thumb in a vertical position or unsharpened pencil or harder massage on the glands will be necessary.

FUNCTIONS AND EFFECTS OF THE MALFUNCTIONING OF ENDOCRINE GLANDS

Name of the Gland	Effect of Malfunctioning
(1) Thymus Gland (Point No. 38) Protects child upto the age of 15	Child gets sick. In case this gland becomes active later on, it brings about dullness.
(2) Pineal Gland (Point No. 4) Controls sex system and water of body and is a primitive eye.	Premature sex development, increase in water content, high blood pressure
(3) Pituitary Gland (Point No. 3) It is the king of glands and controls the other glands, governs the brain and the development of the body	Body becomes dwarfish or bulging, produces mental retardation. Child becomes a bully, or a liar and disobedient.
(4) Thyroid & Para-thyroid Glands (Point No. 8) Parathyroid gland controls supply of calcium and phosphorus in the body. Also controls the development of the body.	Underworking leads to rickets, convulsions teeth problems, twisting of muscles, fatness and dullness. Overworking leads to over-growth, bulging eyes, Adam's apple, etc.
(5) Adrenal Gland (Point No. 28) Controls production of biles and controls liver and flow of blood, blood pressure and also moulds character.	Underworking leads to dullness, timidity, less energy, less oxygenation. Overworking leads to high blood pressure. Less bile leads to acidity and vomiting and severe headache.
(6) Pancreas (Point No. 25) Controls digestion of sugar in the body, and digestive juices.	Underworking leads to diabetes and overworking leads to low blood pressure, dizziness and even to alcoholism through hypoglycemia i.e. shortage of sugar.
(7) Ovaries, Testes & Sex Glands (Point Nos. 14 & 15)	Reproductive organs are damaged, problems of less or more menses, masturbation, loss of heat leading to development of fat, unattractiveness of the body, less/more sex desire.

Chapter-5

COMMON COLD

Common cold-coughing-fever-tonsils-sinus allergy and asthma : Even though these are not dreaded diseases, they are not properly understood and so they have become the biggest enemies of mankind. They are responsible for the highest loss of working hours. Though they are not deadly unless they develop into pneumonia, they make you most miserable. We have to properly understand our body in order to ascertain the root cause of common cold.

We are all aware that our body consists of about 72 % of water. Heat and cold have the same effect on the water inside our body as on the water outside. Our body has an airconditioner as well as a heater. In summer, even when the outside temperature is 110°F or in winter it is 20° or 30°F below zero; our body maintains the same temperature of 98.6°F (36.9°C). The water in our body gets heated during the day due to activity and due to outside temperature, while during the night, it cools down, creating moisture in the lungs or head. In nature, it is thrown out in the form of dew. In case of our body, it is thrown out by sneezing or running of the nose. Therefore, according to Ayurveda, sneezing in the morning is considered to be a good sign of health.

In our head, brain cells create H^+ which in turn is transformed into electricity. The excess of such H^+ is thrown out of our system through exhaling of the air and some through perspiration. But due to any reason, if there is excess of such H^+ ; it damages the brain cells. In order to throw it out, through electric process in our body, one atom of oxygen is taken from the air we breathe in and mixed with two atoms of H. This combination becomes H_2O i.e. water. And in turn this water is thrown out of our system. This water, gathered in our head, drips down resulting in running nose and watering of eyes, etc. When this water drips down

further, it affects the throat and develops into tonsilitis. At this time, if lungs are examined, they would be clear. Now, in a healthy person, during the year the body tries to throw out such excess heat twice a year through sneezing and running nose, which is known as common cold. This phenomenon lasts for three to four days each time. We need not worry about such cold or try to stop it. It is jokingly remarked that in common colds if you take medicines you will get cured within six days but if you do not take medicines, you will be alright within four days.

When an attempt is made to subdue this cold; this toxic water dries down temporarily. And when our body becomes normal, again it tries to throw out this water from the system. We again subdue it by taking heavier doses. But the process continues and so later on it is declared as an allergy. During these attacks of cold, the first endocrine gland to be disturbed is thyroid/parathyroid. During long term cold, as the working of this important gland is impaired, it digests less calcium and so a deficiency of calcium is created in the body and so in cases of allergy, when biochemic salt of calcium—known as calcarea phos is administered to the patient, this allergy is cured.

When the common cold is subdued, semi-liquid mucus is formed and it is gathered into pockets around the nose and head known as sinuses. Sometimes puncturing is done and such mucus is removed from the sinus-pockets. But as the root cause is not removed, the mucus occurs again and the patient gets sinusitis.

When this problem continues alongwith thyroid/parathyroid, even the sex glands are damaged. This important gland controls heat of the body. As it is disturbed, control in production of phosphorous in the body weakens and in turn because of less supply of phosphorous, less heat is produced. And this leads to less evaporation of water from the body. Consequently, there is an increase in the content of water in the body putting more pressure on the lungs and it turns into

symptoms of asthma. In more than 80 per cent of patients of asthma, their problem is due to "excess heat in the body" and administering of more antibiotics and powerful drugs only create more and more heat in the body and subjects these patients to a life of misery because then acidity and ulcers develop.

Another root cause of such "cold due to heat" is sluggish liver. This vital organ is often damaged by unwise use of drugs to remove "worms" from intestines. These drugs do remove worms, but damage the liver and even gall bladder in the process. Unless proper steps to cure—revitalise the liver are taken the patient complains of indigestion, and acidity. Due to sluggish liver, less bile is produced; consequently the acidic food of stomach is not neutralised in intestines. This leads to more acidity called "pitta" (आम्लपित्त) in intestines, further leading to warming of air in the stomach. This heated air occupies the empty spaces in the head and the face. Now during the day, whenever this heated air is cooled due to cold wind, overhead fan or sitting in an air-conditioned room, it turns into moisture and becomes water. This cooled water contracts the nerves, leading to headaches and sinus troubles. When accumulated, the cold starts coming down. It irritates the throat and the nose. This in turn also leads to tonsillitis and causes sneezing and running of water through the nose and the eyes. In such a cold, the chest is clear. Now in case of such colds-tonsils-sinus-Asthma; any pain reliever or antibiotics upsets the stomach, increases the excess heat in the body and in the long run leads to ulcers and hyper acidity. It is also observed that this type of cold aggravates in summer and autumn.

Another cause of cold is the effect of the moon on the body : The moon is the satellite of our earth, and it being very near has great effect on the water on the earth. The obvious proof of this is that the time of the tide and ebb changes daily along with moondays, when there is change in the shape of the moon.

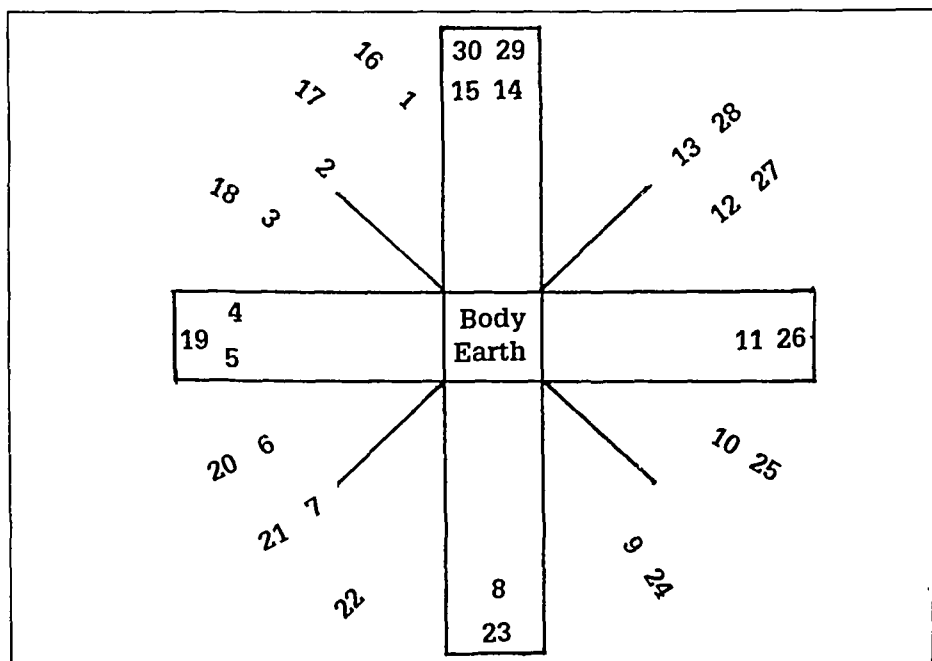


Fig. 35 : Rotation of the Moon round the Earth

From the above figure 35 about the rotation of the moon around the earth, you will observe that on the 4th, 5th, 8th, 11th, 14th and 15th, 19th, 23rd, 26th and 29th of moon-days, the earth and our body come directly against the moon. At that time, the level of water in the sea and our body rises.

Now in order to curb the bad effect of such rise in the level of water in our body, in the Indian religions, particularly, in Jainism, people are advised on these moon-days :

- (a) to observe complete fast (not to drink even boiled water, if possible) or
- (b) to eat only once a day, or
- (c) to eat only twice a day, or
- (d) at least to avoid eating green vegetables (as they contain about 90 % water)

and thus control the level of water in the body, thereby, reducing the chances of suffering from cold.

In Hindu religion, one is advised to fast on the 11th and 26th of the moon-days. (निर्जला एकादशी).

People suffering from chronic colds or sinus trouble or

having allergy to cold should try to observe as many of the above restrictions as possible. Moreover, these restrictions can be observed on a national scale in countries like U.K. and Japan where climate has more moisture and people have cold throughout the year.

It will also be observed that on the full moon day or no moon day, the effect of the moon is most powerful. At that time due to aggravation of the water substance in the body, the heat in the body decreases and thereby air content increases, which travels to the head and causes mental disturbances. Recently a scientist in Chicago (U.S.A.) has confirmed the existence of such an effect of the moon on mental diseases. Consequently, more suicides are committed during these days.

Real Common Cold : The water in the blood and the body is controlled by the heat of the body which in turn depends upon the digestive power. So, whenever the digestive system weakens, the internal temperature goes down. This reduces the evaporation of water and consequently the gathering of excess water in the body. In turn this excess water reduces the heat, and process of turning liquid food into blood slows down, there is more phlegm (कफ) and it goes up and there is congestion in the chest, lungs and throat. This if not controlled, develops into bronchitis, which the body tries to remove by coughing. But when such congestion is not removed; there is fever and tonsillitis. This cold due to excess of water is further aggravated by consuming of cold drinks, heavy foods, sweets, sour things like curds, buttermilk, lemon etc. and exposing the body to cold winds or coldness through air conditioning. All these add to prolonging and aggravating of the real cold.

The best way to remove this real cold is to—

- (a) Do fasting and drink boiled water
- (b) Clean the bowels—remove constipation
- (c) take only light food and more of green salads, green juices, etc.

(d) In case of congestion in the throat and chest, drink at least one glass of hot water with little salt and $\frac{1}{2}$ teaspoon of turmeric powder added to it.

(e) Gargle with lukewarm water with salt and turmeric powder added to it.

(f) Rub the chest as per figure 36 shown here.

(g) Put hot dry pack on chest.

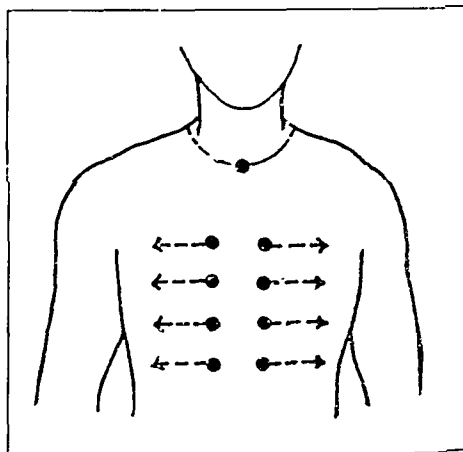


Fig. 36

One need not worry about fever. It is a good sign that the body is trying to dry up congestion and remove it. Only thing is that one must be careful to control the temperature and not allow it to rise more than 103°F. Such temperature can be controlled by putting cold pack on the stomach and head and as per treatment given below :

(h) The body should be empowered; the method is narrated in chapter three of this book.

(i) And with Acupressure treatment (see chapter 2).

Diagnosis : (1) In case of **real cold**, when you press point no. 27 of the stomach and no. 30 of the lungs, they will be found to be tender. And if congestion has affected the throat, there will be pain on point no. 6 of the throat also.

(2) In case of "**cold due to heat**", you will feel pain, when pressed, on point no. 28 and in case of excess of heat pt. nos. 22 & 23 also. Moreover, owing to the congestion of water in the head, and throat you will observe pain on point nos. 1 to 5 and that of no. 6 of the throat.

Cure for "cold due to excess heat".

(1) The best way to remove this excess heat from the body is to take Harde Powder (हरितकी चुर्ण) (powder of terminalia chebula refz), an Ayurvedic medicine. In about one teaspoon of this powder add $\frac{1}{2}$ teaspoon of ground sugar and take it first thing in the morning with hot to lukewarm water. This may bring about one or two loose motions. This treat-

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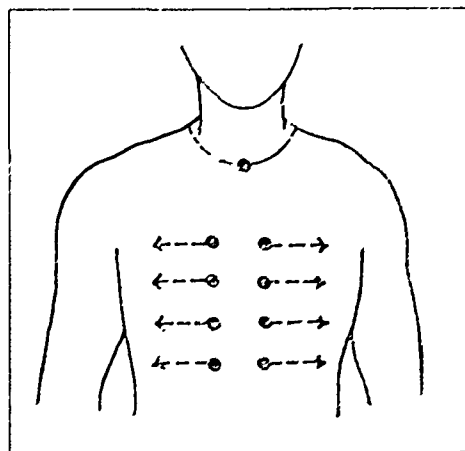


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ment is to be continued for eight to ten days and then twice or thrice a week for further three to four weeks or till completely cured. If such powder is not available drink two to three glasses of water or one glass of fruit juice or one cup of green juice (details about the same are given in chapter 3) first thing in the morning after cleaning the mouth.

(2) All points connected with the cold are to be pressed i.e. no. 1 to 7, 30 and 34 and in case of sinusitis, tips of all the fingers.

(3) The points of the adrenal gland, liver, gall bladder, stomach and solar plexus i.e. pt. nos. 28, 23, 22, 27 and 29 are to be pressed.

(4) In case of chronic complaints, it is necessary to empower the digestive system and so it is useful to take the following medicine for four weeks.

Nux Vomica 200 \times 6 to 8 pills once a week.

Nux Vomica 12 or 30 \times 3 to 4 pills twice a day

(This is a homeopathic preparation.)

(5) Check up about worms in the intestines and remove them in the following method :

When pressed on the point on the outer side in the middle of the smallest toe or last finger of any of the legs or palms, if pain is observed, it is an indication of the presence of worms.

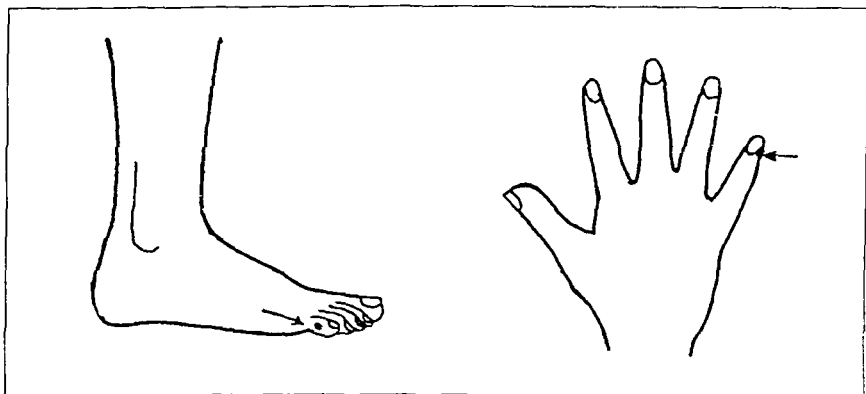


Fig. 37

Fig. 38

Picture showing how to detect worms

This is a common problem with the children. Whenever, children complain :

(1) of pain around stomach, (2) their hunger is reduced (3) growth has stopped (4) look pale (their eyes will look whitish) then first of all try and find out about worms. In case of worms, the children even get ear infection and in that case, point no. 16 of Lymph gland will be found to be tender and paining.

Cure :

Cina 200 (a) Homeopathic medicine

Children under 6	Under 10	Over 10 & Adults
4 pills	6 pills	8 pills

Once a day for four days preferably before going to bed. Then stop medicine for four days.

After four days, repeat the medicine for four days. On the 13th day, give some powerful laxative. From 14th day give Cina 12 or 30, three pills once a day for 30 days. If allopathic medicine is taken for worms, then supplement it with medicine for liver, because such medicines for worms damage the liver. Also empower the liver, gall bladder by giving treatment on pts. 23 and 22.

Also give treatment for a minute each on points of both the small fingers or small toes as shown in figs. 38 & 39.

This treatment for worms has been found useful in Athlete's foot, a fungal infection of the skin of the foot, esp. between the toes and on the soles.

For removing the excess heat from the body

(a) Take powder of 15 black pepper (कालामरी) + 2 teaspoons of sugar. Soak them in $1\frac{1}{2}$ glass of water. Blend them in the morning and sip all as first thing in the morning for 10 days. After 10 days, add five almonds in soaking and drink it for 10 days. This is very useful even in jaundice, psoriasis, sunstroke, Kaposi's Sarcoma, a form of skin cancer found in Africans and more recently in victims of AIDS, etc.

(b) Take five black peppers + 10 to 12 black dried raisins + 1 teaspoon of saunf (सौंफ); soak them in one glass of water in the evening. Next day, blend them and drink it in the afternoon. It is a useful tasty drink in summer.

(c) Take equal quantity (about 50 grams each) of (1) cumin seed (जिरा) (2) black pepper (3) saunf (4) amla (आमला) (5) ginger (6) crystal sugar (मीसरी). Grind them into powder and keep it in a bottle. Take one teaspoon of this powder with water any time in the morning and evening.

Tonsils : Mix two drops of Glycerine Tannic Acid (available with chemist) with $\frac{1}{2}$ teaspoon of turmeric powder. Apply it on the inner-both sides of the throat and then gargle with lukewarm salted water. Do this two or three times a day. Just within two to three days, these and even septic tonsils will get cured.

Asthma / Breathlessness / Suffocation : In most of the cases the root cause is "cold due to heat" and so by taking the treatment mentioned above, this disease can be controlled and cured. In such cases, the lungs would be clear and when pressed there would not be any pain on point no. 30 of lungs.

In case the real cold continues over a long period, the power of lungs becomes weak and the patient gets asthma. It may be noted that this is a curable disease. The following treatment, over and above the treatment suggested previously for real cold; will be found to be useful.

(a) Treatment on point nos. 1 to 7, 30, 34 and tips of fingers and toes.

(b) Add $\frac{1}{2}$ teaspoon of turmeric powder (हल्दी) and $\frac{1}{2}$ teaspoon of powder of cumin seed (जिरा) in one teaspoon of Health powder and take it twice a day with lukewarm water. If possible, also add $\frac{1}{2}$ teaspoon of "Mahasudarshan" powder (An Ayurvedic bitter powder) to the above.

(c) Drink two glasses of Gold/Silver/Copper/Iron charged water reduced from eight glasses of water. This is a very effective tonic for lungs.

(d) Take red light on chest and back for two to three minutes, once a day (10 days only). This melts the mucus inside. Then take blue light for five to seven minutes twice a day—till the disease is totally cured. This blue light gives power to lungs to throw out congestion. (see fig. 33)

(e) Ask the patient to lie down on back and to open full mouth. Pour one to two tablespoon of pure honey directly in throat so that it does not touch the tongue. This helps to clear all congestion in the throat—wind pipe and gullet.

(f) Perform sun pranayam as much as possible and ling (Shiv) mudra (details are given in chapter 3 page no. 51)

(g) Do the following twice a day and also when under an attack.

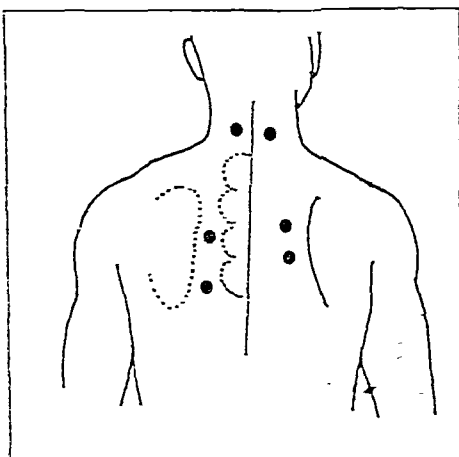


Fig. 39

Press hard on the back of neck and on back on the points shown in fig. 39 for 10 seconds and pause. Repeat for 2 to 5 minutes.

At the same time ask the patient to rub from the middle of the chest to the sides for a few minutes. Also give treatment for a minute on the point shown below the neck. (see fig. 40)

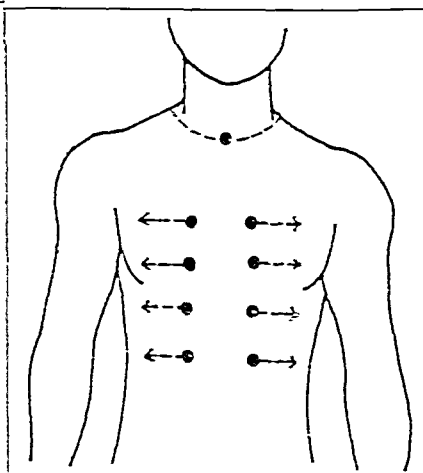


Fig. 40

Eosinophilia : In cases of continued cold, Asthma, TB, etc. the percentage of eosinophilia in the blood is more. In addition to taking the treatment, it is advisable to take the following for 15–20 days.

After sunrise, take a half tablespoon of half ground Bishops seeds (अजवाइन), soak them in lemon drops and keep them for at least 2 hours before eating it; latest before sunset.

It should be noted that when you start the treatment, the the body will be empowered and will start throwing out all the subdued cold-toxins from the body and it will look as if the cold has aggravated. This is a sign of recovery. And so, one need not worry. But during these two to three days, avoid food, milk and its products. Eat fruits and drink only lukewarm charged water and heated green juices. One need not worry, if one's temperature rises. Just keep the fever under control and do not allow it to go over 103° F. (method to control fever is narrated in chapter 2.)

Once this real cold or cold due to heat and asthma are controlled and cured, with regular treatment of Acupressure and control of diet, these diseases will remain under control.

As explained before, it is possible that one would get common cold for 3/4 days twice a year. This is a useful process whereby excess heat is thrown out from one's system, and as such one need not worry about this common cold.

CHAPTER 6

CATARACT

To get cataract is a common thing in anybody's life. And due to ageing process, anybody of 55 years or more can get cataract. Previously, the average age in underdeveloped countries like India was less than 50 years. But now this average is going up and so the chances of more people getting cataract is on the rise. Once cataract sets in, the eyes become opaque and unless this cataract is removed, one becomes blind. From the facts given below, one would realise how such a small matter has become a dreaded problem.

"Dr. Allen Jones, Director of Royal Commonwealth Society for the Blind (U.K.) has informed in his address in Mumbai on 24-4-84 that at present there are about 4.9 million blind people in India and every year there is a further addition of 1.3 million blind people. Out of these 1.3 million blind, hardly 2,00,000 are blind by birth or due to infection at the time of birth. About 1 million people become blind due to cataract only. And the others, about 1,00,000 people become blind due to diseases of eyes and/or accidents. This way within 4 to 5 years, there will be over 10 million blind people in India". This is alarming. Now the population has increased and so in India alone, it is feared that about 2.5 million people get cataract. And even when 50% people are operated for removing the cataract, about 1.25 million people become blind due to cataract. It is not true that this problem of cataract exists only in India or similar underdeveloped countries. Even in rich countries like the U.S.A., there are about 20% to 25% people, who get cataract and because they are not insured and so cannot afford such operation to remove cataract, they become blind. Thus, it is quite possible that every year, about 9 to 10 million people get cataract out of which about 2.5 million people become blind.

However, this dreaded problem of cataract can be tackled. If one eye specialist does five such operations daily to remove cataract, he can do about 1,500 operations in a year (300 days). And to operate on 9 to 10 million cataract patients, it would require about 6,500 eye specialists. The total number of eye specialists in the world is over 15,000. Unfortunately, most of them live in big cities and so villagers have few chances of being cured of their cataract. If we can harness the services of all the eye specialists and if they do only 20 operations of cataract per day, in year over 10 million operations for cataract can be performed and just within 4 to 5 years, all the cataract patients can be cured and not a single person will become blind due to cataract. Additionally, if the drive for eye donations is given priority, eye specialists can even perform more and more eye transplantations and thus blindness can be reduced.

Donation of eyes : Social workers and religious preachers all over the world should make concerted efforts to persuade the people to donate their eyes after their death. When anyone dies, either the body is cremated or is buried. Whatever the custom, the valuable eyes are destroyed. These eyes do not help the dead person. Then why not donate these valuable parts and earn the satisfaction of giving eyesight to blind people? Such a donation is more precious than even a donation of a million rupees. It is true that prejudices die hard. But the educated people should reconsider. I appeal to all the progressive people of the world to donate their eyes after death, and persuade others to follow their noble example.

Eradication of cataract : Such a major problem can be tackled if only we can prevent cataract.

The American Association of Eye Specialists have admitted that "approximately two-thirds of blindness from cataract is of the over 55 years type, for which no cause has been proved. This has been labelled the senile type—a term that unfortunately implies helplessness. More and more people

are living long enough to have "senile" cataract. In spite of a great deal of experimental work, the basic causes of senile cataracts in humans are still not clearly understood". According to the Eye Association of the most advanced nation prevention of cataract is not possible.

However, nature's own health science of Acupressure is capable of tackling the problem of cataract and also blindness.

Eyes : Now in order to understand about cataract; we must know about our eyes. The great role played by Arjun in *Mahabharat* is played by our eyes in our life. Arjun, a great Archer, had a bow called "Gandiv". Nature has provided all of us with this type of bow.

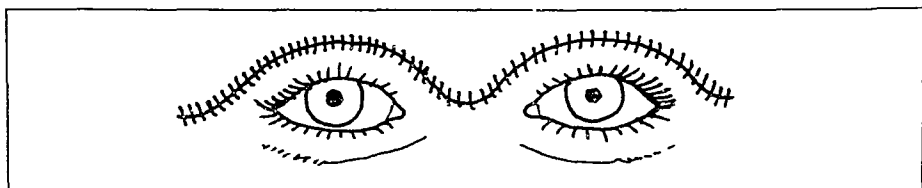


Fig. 41

If perspiration goes in the eyes, it can cause irritation to the eyes. So in order to prevent such perspiration from the forehead from entering the eyes, nature has grown brows over the eyes.

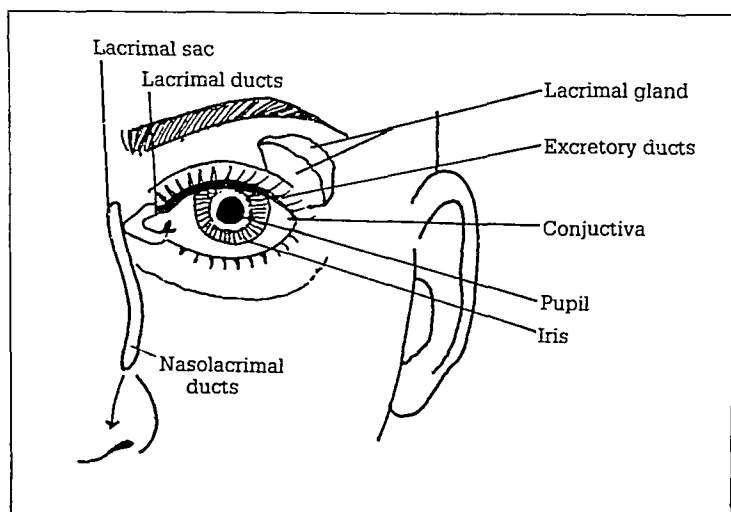


Fig. 42

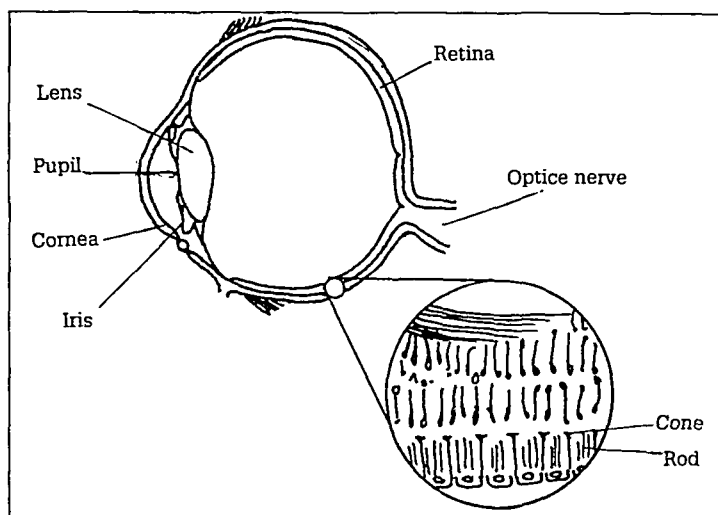


Fig. 43

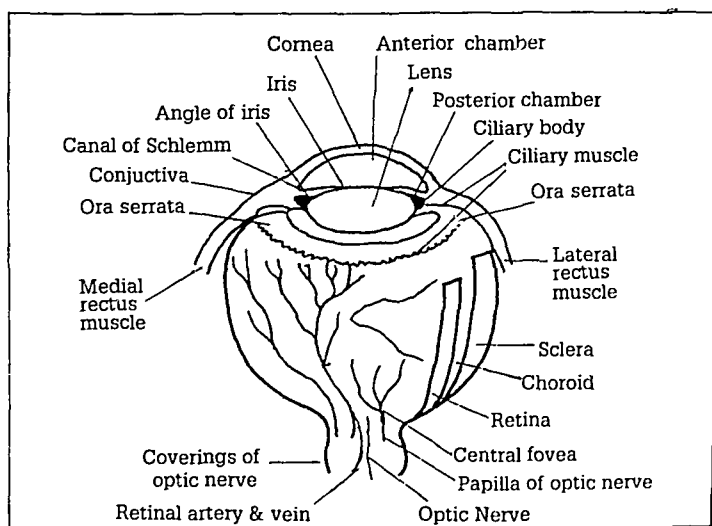


Fig. 44

The working of our eyes is not like an ordinary camera but more like the most sophisticated electronic automatic camera. To adjust the focus, pupils of the eyes open up. Accordingly, the muscles of the eyes expand or contract to allow proper light inside. Colours are identified and the proper picture develops in our mind.

Now, in all electronic cameras there is a battery so that all the working of camera becomes automatic. If this battery

becomes weak, the recharging of flash light becomes slower and when battery becomes very weak, all the functions stop and so we have to replace the battery.

Now, such a battery is created in our body at the time of conception. And the electricity created from this battery, gives power to all the organs and also to the eyes so that they work automatically. Now, if due to any reason, the flow of electricity to the eyes is disturbed, the functioning in the eye will also slow down.

Further, in our brain, the cerebrospinal fluid is being extracted from blood. This cerebrospinal fluid rotates in most vital organs through the central nervous system. And such nutrition to the eyes is supplied through the optic nerves. Now if due to any reason excess heat is created in our body, it can shrink the optic nerve and so there will be less flow of cerebrospinal fluid to the eyes. Consequently there can be damage to the eyes.

Moreover, the function of this optic nerve is controlled by our most important endocrine gland—the pituitary gland. Now, in case of malfunctioning of this pituitary gland, there will be damage to the optic nerve through which the transparent liquid in the eyes gets nutrition.

Due to the use of eyes, carbon-toxin is created in them and this carbon is cleared from our eyes by lymph gland. Now, when this lymph gland has to overwork to remove toxins, which are created in our body due to other serious diseases, its function slows down. Similarly, even the process of removing the carbon from the eyes also slows down.

Root Causes of cataract : Thus, root causes of cataract are :

(1) lesser supply of electricity to the eyes.

(2) Damage in the optic nerve, or to pituitary gland, when the eyes do not get enough nutrition and

(3) Slower function of lymph gland, the removal of toxins-carbons from the eyes becoming lesser and lesser.

So, when there is an increase of carbon in the transparent liquid of the eyes, the vision is reduced—becomes hazy. This is the beginning of cataract. Now, because of the internal pressure, the carbon starts gathering around the lens of the eyes—diminishing its transparency. Later on, when more carbon is pressed—gathers behind the lenses, the

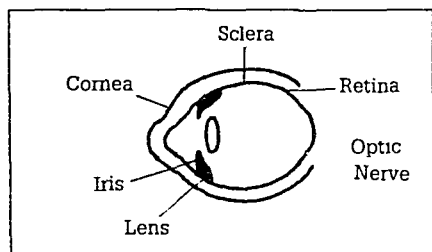


Fig.45

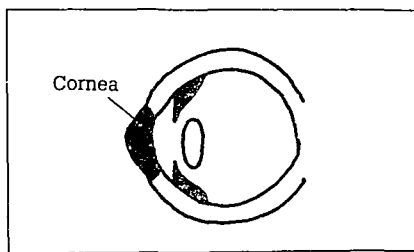


Fig. 46

Picture showing how cataract is formed

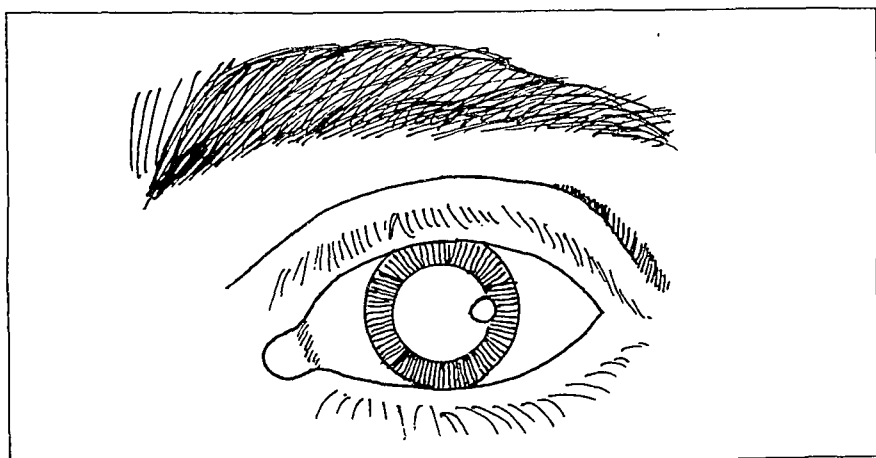


Fig. 47 : Picture showing cataract in eye

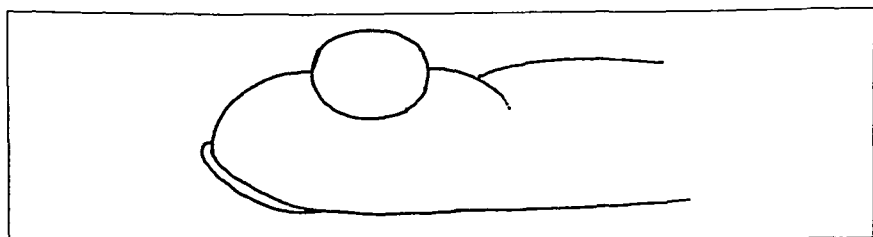


Fig. 48 : Picture showing jelly like cataract after removed

transparency is blocked—the lenses become opaque. And operation of cataract is made and brownish jelly-like substance-carbon is removed.

Thus,

(i) if our pituitary can be controlled to function properly and

(ii) if the eyes get proper nutrition through the optic nerve and

(iii) if the lymph gland is made to function normally, so all the carbon from the eyes is properly removed and

(iv) the eyes get proper flow of electricity.

Then there will not be any formation of cataract. It is possible to remove the root causes of cataract in the following manner :

Prevention of cataract :

1. To empower the battery of the body : So the eyes get proper supply of electricity :

If one glass of charged water (gold/silver/copper/iron charged) is prepared from 2 glasses of water and drunk daily, the inner battery of the body is empowered. This charged water is the best tonic. If a pregnant woman drinks such water throughout pregnancy, the possibility of the child becoming blind becomes very less. Moreover, the foetus develops properly—physically and mentally and the possibility of the child becoming retarded, getting polio, deafness, muscular dystrophy and even hereditary diseases is greatly reduced.

And so after the age of 50, drinking of such water is advised, that will keep the battery powerful and eyes will get enough supply of electricity. Moreover, all the organs of body will also be reactivated and with daily treatment of Acupressure, even ageing process can be slowed to a great extent.

2. Refer to figs. 4 & 6 (Chapter 2) and you will observe that it shows the points of all the working organs and endocrine glands on the front palms and on the back are shown of nerves, spinal cord and optic nerve.

And so, in order to remove this excess heat from the body, one must treat liver/gall bladder point nos. 23 & 27 and also do the following :

(a) Take first thing in the morning one teaspoon of Haritki powder (हरडे चूर्ण Powder of Terminalia Chebula Retz, an Ayurvedic medicine) + $\frac{1}{2}$ teaspoon of sugar for eight to ten days continuously; then thrice a week. This will also keep the bowels clean.

(b) Take Powder of 15 black pepper (काला मरी) and two teaspoons of crystal sugar (मीसरी). Soak them in $1\frac{1}{2}$ glasses of water overnight. In the morning blend them and sip the sherbat first thing in the morning for 10 days. Then add five almonds to the soaking and blending and drink it for further 10 days. This drink is also very useful in jaundice, psoriasis, sun-stroke and for removing excess heat due to chemotherapy, etc.

(c) Take 5 black pepper (काली मिर्च) + 10/12 black risins (काली द्राक्ष-मुनका) + 1 teaspoon of saunf (सौंफ). Soak them in a glass of water overnight. Next day, blend them and drink it in the afternoon. It is a useful drink in summer.

(d) Take equal quantity of cumin seeds (जीरा), black pepper (काली मिर्च), saunf (सौंफ), Amla powder (आमला), crystal sugar (मीसरी), ginger powder (सुंठ). Grind into powder and keep in a bottle. Take one teaspoon of this powder with water in the morning and evening.

(e) Moreover, in the analysis of the transparent liquid of eyes, it has been found that it contains a large quantity of vitamin C and glucose, also a small quantity of vitamin B complex and very little quantity of phosphorus. In order that this important liquid of eyes gets proper nutrition, one is advised to do as under :

Take sprouted Chinese green peas (मुंग) + green leafy vegetables like spinach, tandaljo (तांदळजो), methi (मेथी) + cabbage + carrot + green coriander leaves—crush them/blend them and in one cup of such juice add one teaspoon of health powder (i.e. mixture of 300 grams of amla powder +

100 grams of ginger powder) + one tablespoon of honey and drink it twice a day.

4. To activate the lymph gland, give Acupressure treatment on its point no. 16 for a minute in the morning and evening. Take proper treatment for any serious diseases, like cancer, venereal diseases and HIV infection. And so if this lymph gland starts working properly, it will be able to clear the carbon from the eyes. Consequently, the possibility of getting cataract will become remote.

5. Moreover, if diabetes continues for a long time, the percentage of glucose required in the cerebrospinal fluid becomes less and so there is a considerable reduction in the amount of glucose supplied to the eyes and that causes damage to the eyes and the retina.

This Diabetes can be cured as under :

(1) Drink two glasses of gold/silver/copper/iron charged water reduced from four glasses.

(2) Drink $\frac{1}{2}$ cup of fresh juice of green coriander leaves as the first thing in the morning for 25/30 days. After 10 days, check glucose content in blood. When it is found to be reduced, stop the medicine for diabetes slowly in five to ten days. Within 25 to 35 days, this diabetes will come under control.

(3) Chew food thoroughly.

(4) Take Acupressure treatment and activate the endocrine glands—including the pancreas.

If such proper care is taken; not only cataract, but even the possibility of one getting glaucoma will be greatly reduced.

Glaucoma : Now in case one has already got glaucoma, or damage to retina, when pressed you will find pain on the points of optic nerve and those of eyes no. 35. At that time, the above-mentioned treatment will be able to cure this disease.

Cure for beginning of cataract : When cataract starts forming in the eyes, first the vision becomes hazy. At that time, it is advised to do as mentioned earlier and that will cure this beginning of cataract.

Moreover, healthy urine (which does not contain either sugar or pus)—should be collected in the morning and allowed to cool down. Then fill it in an eye-glass and wash the eyes by opening & closing—by blinking the eyes in the urine.

This experiment of self urine was tried by India's former Prime Minister Sri Morarjibhai Desai at the age of 67, when cataract had just begun forming in his eyes. So for further 25 years, he could avert the operation to remove his cataract.

Thus, one can prevent and even cure the beginning of the cataract—at a very low cost and one can do it himself. Consequently, the eyesight can be preserved throughout life. The above mentioned care can also prevent colour blindness and night blindness.

Now, when we have understood about how to prevent and even cure cataract even if it is set in about 25 to 30%, then let us understand about eyecare and how to do away with spectacles and eradicate blindness.

Eradication of blindness : The problem of blindness has become of mega size and every day, it is becoming bigger. However, Acupressure can play a great role in defeating this dreaded dragon and that too without any cost. Let us examine how it can be done.

Causes of Blindness :

1. A child can become blind in mother's womb.
2. At the time of delivery, the child's eyes catch the germs from the vagina—if mother has infection there and if not treated immediately, the child loses eyesight.
3. Due to diseases of the eye, the eyesight is lost.
4. Due to cataract, one becomes blind.
5. Due to accidents.

1. Blindness in mother's womb : The foetus develops eyes in the third month. And if at that time, there is neglect and lack of proper nutrition, child's eyes do not develop properly and so the child becomes blind from birth.

Now, as mentioned earlier, if the expectant mother, in the second month, starts pressing her two palms—each for 5-5 minutes daily; she will be able to prevent any disease, her health will remain good and there would be proper development of the child in the womb.

Moreover, she should drink copper/silver/gold/iron charged water at least one glass reduced from two glasses every day.

Just by doing these two things, there will be proper development of the child and so the possibility of blindness or even mental retardness, polio, muscular distrophy and hereditary diseases will be greatly reduced. And thus the birth rate of blind children can be reduced to a great extent. Later on, there will be possibility of giving eyesight to these small number of blind children with eye transplantations.

Sri G.S. Sharma, an Ayurvedacharya reports "A lady in Calcutta, twice gave birth to sightless children. Third time, when she was pregnant, she started taking charged water from the second month till delivery. She gave birth to a healthy child with perfect vision."

2. Due to infection : The expectant mother should have a medical examination before delivery and should take treatment for vaginal infection or venereal diseases. And immediately after the birth, treatment should be given to the child's eyes, so that he/she does not lose the eyesight due to the mother's infection. The nurses and midwives in rural areas should be trained for this treatment.

It is unpardonable to see a child with fully developed eyes should lose the eye sight only because of such infection. The total responsibility is of the father and mother. Only with proper care before and after delivery can we prevent blindness due to this factor.

3. Eye Diseases : If proper care is not taken of ordinary seeming eye diseases or wrong treatment is given, there is a possibility of losing eyesight. Moreover, if regular treatment is taken on pt. no. 35, the possibility of getting disease of eyes like watering and reddishness etc. will be very less

4. **Due to cataract** : About 80% of blindness is due to cataract. In this chapter, this matter is discussed at length by which we can prevent cataract and which will enhance the chances of operations of cataract of those unfortunate blind people.

At this stage, it is the bounden duty of the Governments of all the nations to prohibit all eatables and drinks which damage the eyes, e.g., vegetable hydrogenated oil, margarine, etc. While manufacturing these items, the manufacturers add hydrogen in a faulty way and it has been found from the experiments on rats, that they become blind in 3rd to 5th generation; the sameway, humans also can suffer from blindness within five generations.

Thus, in all other cases except blindness caused by accidents, **blindness can be prevented**. Very few people will remain blind. If more people donate eyes, and so these few blind persons can also be given sight with eye transplantation.

Now, that cataract can be cured and blindness can be eradicated; let us see how to take proper care of our precious eyes. Just do the following :

1. Splash cold water on closed eyes three to four times a day. If possible, keep the eyes in eyeglass filled with cold water and blink the eyes for two minutes three to four times a day. see fig. 50.

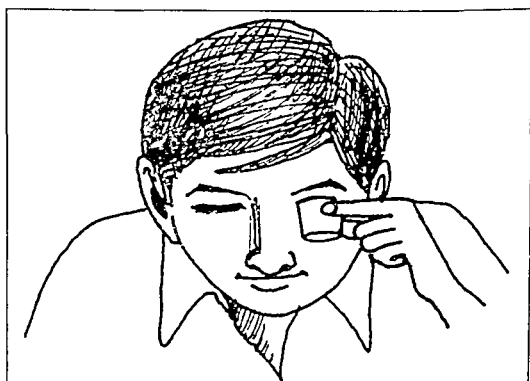


Fig. 50

2. Apply little saliva to both the eyes when you get up in the morning.

saliva and upsets the stomach. Not only that but it damages the transparent fluid in the eyes. In case of Pyorrhoea (getting bad smell from the mouth) you may immediately do the following :

Cure : Fill up the mouth with morning's first urine and wobble for 5 minutes. Then gargle with lukewarm water. To a good toothpowder add 10% alum + 10% fine salt + 10% Mahasudarshan powder and use it as a toothpowder, thrice a day (after each meal and in the morning). Then massage castor oil (otherwise coconut oil or any edible oil) on the gums. After every meal, take a little salt and chew it, then gargle. It is more beneficial to add $\frac{1}{4}$ lemon in water for gargling. That gives freshness to the mouth. Within 30/45 days, this problem can be overcome.

15. Give pressure treatment around the eyes as shown in fig. 52 shown here two to three minutes on each eye thrice a day. Pressure is to be given on the bones around the eyes and not on the eye ball.

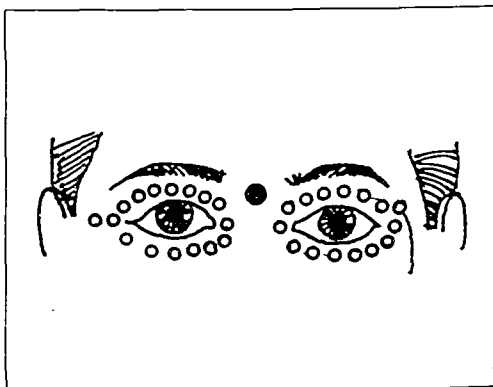


Fig. 52

Also give pressure treatment on the points of optic nerves and points no. 3 & 4 of pituitary and pineal glands and on point no. 35. This will help reduce the optical number of spectacles.

16. Make a mixture of 300 grams of amla powder + 100 grams of ginger powder + 200 grams of pure honey. And eat one tablespoon of it everyday morning followed by one cup of hot milk and do it also in the evening.
17. Do some exercises for eyes as follows :
 - (a) Upto 30 minutes of sunrise or 15/20 minutes before sunset, let the sunrays fall directly on the eyes. At

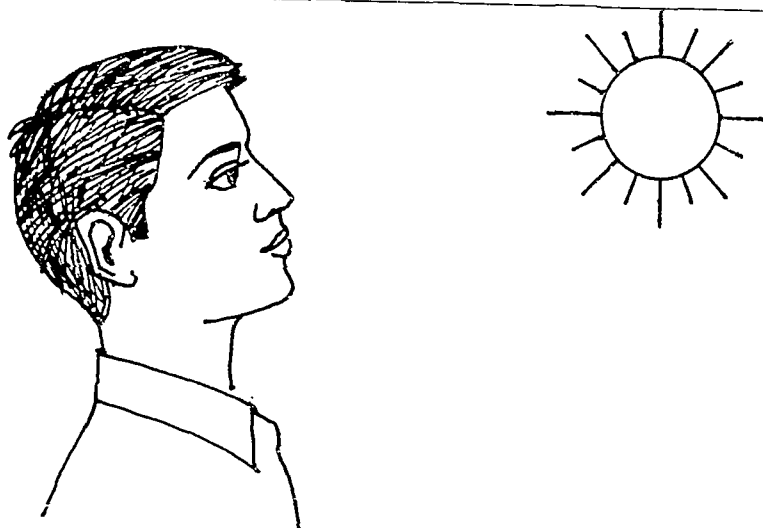


Fig. 53

that time roll your eyes in a clockwise and anticlock direction.

- (b) Upto 90 minutes of the sunrise or 60 minutes before the sunset, let the sunrays fall on the closed eyes. Then do palming for a few minutes.
- (c) During the moon nights of 8th to 23rd moondays, lie down on your back and while blinking, see the moon for 10 to 15 minutes. Eyes will get great relief.
- (d) As per fig. 54 given here, close the eyelids in such a way that there is pressure on the eyes. Keep in this position for 15/20 seconds, then remove this pressure and keep the eyes closed for 15/20 seconds. Repeat thrice.

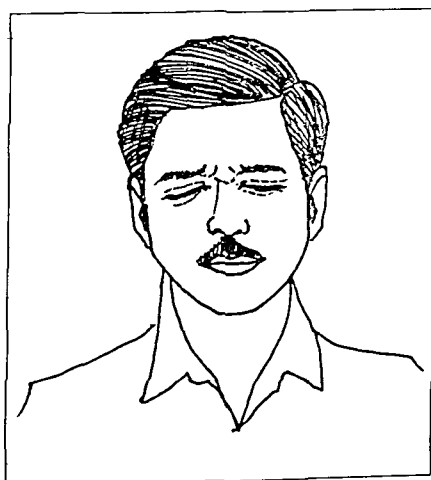


Fig. 54

- (e) Do the lion's pose as per fig. 55 given here for 30/40 seconds.

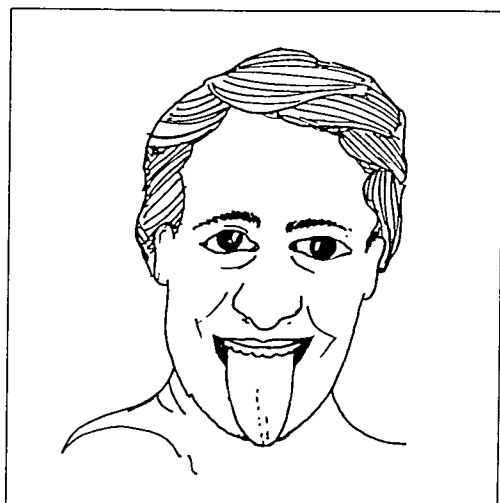


Fig. 55

If these instructions are followed properly, one would not get spectacles and even if anybody has got spectacles upto -4 (minus four number); they will be able to get rid of spectacles in a few months.

Glaucoma : When the eyes do not get proper supply of electricity, the muscles in the upper corner of the eyes or the end of the passage for letting out the transparent liquid of the eyes get contracted and so the pressure in the liquid inside the eyes goes on increasing leading to severe headaches and reddishness in the eyes. The vision is blurred and then retina is damaged.

Now, if care to cure the eyes as above is taken, the possibility of getting Glaucoma is greatly reduced. And there are several instances in which this Glaucoma is cured.

If Acupressure is properly propagated, more people will become healthy. The eye problems can be greatly reduced, and so services of more doctors can be diverted to do operations of cataract and transplantations of eyes. These eye problems of cataract and blindness can be tackled within five to ten years.

The tiny costless lamp of Acupressure can thus remove the darkness of blindness and give sight and happiness. Soon the sun of health will shine over our world.

Chapter-7

CANCER

Cancer is a dreaded disease. The main point of worry in the case of cancer is that when it is detected, it has already reached an advanced stage and the possibility of complete cure is remote. Moreover, the treatment is so costly that the patient and his relatives get financially and mentally exhausted.

The immediate cause for cancer is the continuous neglect of the organs of the body by the patient. For example, the lungs of a chain-smoker are continuously irritated. The cancer of the mouth or vocal cords is due to the habit of chewing tobacco, drinking hot tea, etc. In the case of cancer of uterus, negligence about internal hygiene is the root cause. It has been observed that Jewish women who take great care of their internal organs do not normally get cancer of uterus.

Cancer of the stomach and the intestines is due to overuse of refined flour and rice, coffee, sugar and tea and the habit of excessive drinking of alcohol. It has been observed that labourers in the sugar factory in the West Indies use brown sugar molasses-jaggery and so they are immune from cancer. And cancer of colon is due to continuous constipation caused by wrong food habits and leading a sedentary life. It has been observed that the people of Gujarat who are vegetarian and consume more of milk and milk products like curd, buttermilk, etc., do not generally get this type of cancer.

Another reason is a wrongful approach towards the care of the body. The diseases are nothing but the signals given by the body that there is something wrong in that organ, e.g., tonsils. Instead of removing the root cause of the disease, either the signal-(tonsils) is removed by operation, or the disease (like the common cold) is suppressed-with powerful antibiotics. The body is to be treated as a temple-a seat of

God and each and every corner of this temple should be kept neat and clean. Instead, the body is treated like a dustbin wherein useless things are dumped and instead of cleaning out the waste or toxins, they are suppressed so that they become a duct and which after a time results in a malignant growth.

The long-term cause of cancer is the imbalance caused by disturbing the metabolism of our body through (1) eatables grown with the help of inorganic manure and pesticides, (2) more and more use of canned foods, bottled pickles, (3) unwise use of fluoride, (4) working in unhygienic conditions e.g., working in and asbestos factory, (5) pollution of the environment by excessive use of diesel, cutting down of trees, etc. (6) polluting the water through chemical wastes, etc. (7) going farther and farther away from nature.

Since these root causes of cancer can be removed, cancer can be prevented. You will find that in the animal world this dreaded disease is rarely found. The obvious reason is that they invariably observe the laws of nature.

How cancer develops : In our body, millions of new cells are formed everyday and they replace the old worn-out cells. This process is carried out by the spleen and it is cleaned and controlled by the lymph glands. When we neglect our body, the process of regeneration of new cells slows down while the process of decaying—destroying of cells—increases, so more toxins gather in the body and the spleen and lymph glands are overburdened. Slowly but steadily, there is a malignant growth in the body, but it is not easily noticed. In the meanwhile, these toxins/wastes are gathering in the body in the part which is most damaged e.g., for a smoker, these toxins gather in the lungs or in the mouth. When these toxins accumulate in a large quantity, they form a duct and start developing fast. In the meantime, the weak lymph gland is greatly damaged and through it other glands are damaged as well. And a stage is reached when these glands become tired and stop secreting the most vital hormones in the body.

This is the time, when the the malignancy grows at a very fast rate and the final signal is given by nature. There is a change in metabolism, severe headache, loss of weight, change of voice, colour of the spots on the body changes, and there is constant fever. It is only now, that this disease is detected as cancer.

Acupressure plays a great role in the detection, prevention and cure of cancer.

Any minor disturbance of any organ is reflected on the palms or soles. When there is a continued complaint, the first gland to be disturbed is the thyroid/parathyroid gland. The second gland to be disturbed in case of problems of degeneration leading towards cancer is the lymph gland. As mentioned above, this important gland works to remove the toxins and dead cells from the body. When the process of regeneration of the cells of the body slows down, there is increase in the activity of clearing the dead cells and preventing pus formation. This gland thus gives the alarm. If you touch on its point no. 16, on hands and feet, these points will be tender and when you press them, you will feel pain.

How to detect cancer in different parts of body.

Another pointer for detection is that the organ where cancer is developing is disturbed and there is pain in the corresponding point on palms and soles. For example, in case of cancer of the breast, there is pain in the middle point on the back of palm as shown in fig. 56 or in case of cancer in colon, there is pain in the corresponding point no. 20.

The same way, for cancer in :

- | | | |
|-----------|---|----------------------------------------------|
| Throat | : | There is pain on point no. 6 |
| Windpipe | } | : There is pain between points no. 6 and 27. |
| Gullet | | |
| Stomach | : | There is pain on point no. 27 |
| Small | } | : There is pain on point no. 19 |
| Intestine | | |
| Large | } | : There is pain on point nos. 20 and 10 |
| Intestine | | |

Liver	: point nos. 23 and 22
Lungs	: point no. 30
Brain	: points no. 1 to 5 (It is also called tumour.)
Blood	: point no. 37
Bones	: points no. 9 & 37.

Now, if these signals are ignored, the declining process starts disturbing other glands also and reaches a dangerous point where these endocrine glands become tired and stop secreting hormones. During that time, more and more toxins accumulate forming a duct and start multiplying and thus a fast malignant growth starts in that part of the body damaging the metabolism of the body.

Thus, you will observe that cancer can be detected at a very early stage, and it can be controlled very easily. Moreover, you will observe that if regular Acupressure treatment is taken daily or at least thrice a week, the lethargic spleen or lymph gland can be reactivated, and factors leading to cancer can be checked. **Thus Acupressure can prevent cancer.**

How to detect cancer of uterus : It is more common in ladies who do not take proper care of internal hygiene. It is due to continuous irregularity of menstruation, continuous leucorrhoea, etc. This type of cancer can be easily detected. In case of any doubt, press on points no. 11 to 15 on both the sides of wrists of both the hands. If there is pain on pressing these points and also on point no. 16 of lymph gland, it denotes degeneration.

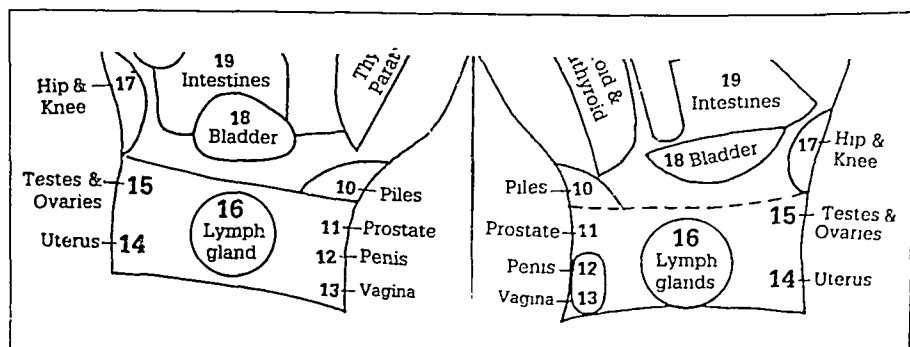


Fig. 56

How to detect cancer of breasts? Mamography

Just press on the circle in the back of right palm for right breast and left palm for left breast. If, there is NO PAIN when pressed, it means there is NO CANCER in the breasts. Even if, there is pain on these points, but no pain on point no. 16 of Lymph gland at that time, it denotes that there is NO CANCER. And just by giving treatment on those points on the back of palms, the minor problem like accumulation of milk in the breast, etc. will be cured. Only pain on the circles on the back of right palm and also on the point no. 16 of Lymph gland; denotes cancer. In the same way cancer in the left breast can be detected by pressing the circle on the back of left palm and point no. 16 of lymph gland.

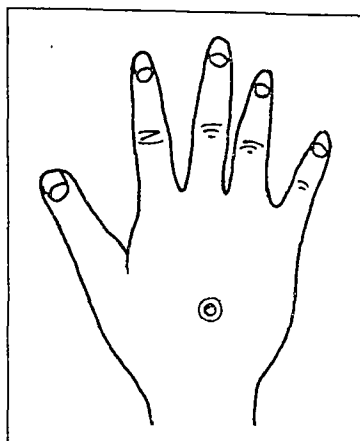


Fig. 57 : Picture showing how to detect cancer of breasts

At that time, it is possible that when pressed, there will be pain on points no. 11 to 15 of sex glands.

Severe pain on those points on the back side of palms and on point no. 16 when pressed, denotes that cancer has reached an advanced stage.

EVEN IF CANCER IS DETECTED, DO NOT WORRY, IT IS EASILY CURABLE.

Cure : Give Acupressure treatment for a few minutes on each of the following points thrice a day :

(1) On the circles on the back of palms, for cancer of the breasts.

(2) On points no. 11 to 15 on both sides of the wrists for cancer of uterus.

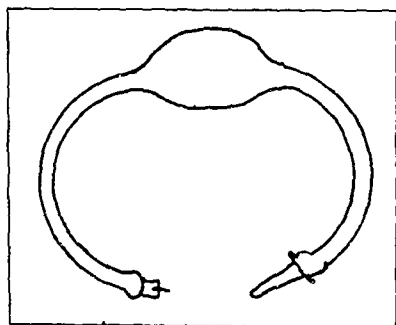
(3) On point no. 16 on both the hands.

(4) On points of all endocrine glands i.e. nos. 3, 4, 8, 25 & 28.

(5) Take general Acupressure treatment on all the points twice a day. And on point no. 26 as a last treatment.

(6) Drink 'black tea' one cup in the early morning—(without sugar and milk)

(7) The use of vaginal douche is a must for the treatment of cancer of uterus and the breast.



Vaginal Douche

First clean the douche with water containing antiseptic. Take about one litre of lukewarm water and add two to four drops of antiseptic liquid to it. Then fill the douche with this water by pressing the ball; then keep the plastic part (2 inches) into vagina and press the ball. Water will flow and clean the inside.

Repeat it two to four times. A vaginal douche is also useful when pus cells are found in the urine of a female.

(8) Make the necessary change in diet as mentioned for the treatment of cancer.

(9) In case of more pain on the points on the back of palms and point no. 16 and also when lumps are found in the breasts, apply north pole of a (low to medium power) magnet on the lumps only for 3/5 minutes two to three times a day.

"A woman of 50 years was found to have cancer in both the breasts and was advised operation. Instead she took the above treatment and was completely cured within 45 days."

"A 40 year old woman—a mother of 4 children, was found to have cancer of uterus. Cancer was detected even in her left breast. She started the abovementioned Acupressure treatment and continued the same for 60 days. Later on, her husband came and thanked me saying that he had got a wife who felt 10 years younger. The same way, several cases have been successfully treated."

Recently, it was observed that in more than a dozen cases of kidney failure where dialysis was being done and

when proper improvement was not found, these patients were advised to undergo kidney transplantation. In all these cases, on examination, damage to kidney was not more than 40 to 50%—and the root cause was found to be cancer of uterus in females and that of prostate in males. Within 40 to 60 days of Acupressure treatment all the patients got cured. It is therefore, advisable before undergoing dialysis and kidney transplantation to check up about the possibility of cancer.

It has been agreed by the medical world that if cancer is detected at an early stage, it can be cured.

Cure for all types of cancer : To cure all types of cancer the whole body is to be treated, the important organs of regeneration, e.g., liver, gall bladder, spleen and kidneys and all the endocrine glands are to be reactivated. Acupressure treatment assists the patient in the process and accelerates recovery by bringing the metabolism of the body in order. The following treatment is suggested :

- (1) Check up the solar plexus and put it in order.
- (2) Banish salt and spices from the diet.
- (3) Every day take an enema of water boiled with coffee at least two times. That helps to open up the ducts and remove the toxins from the body.
- (4) Take vapour treatment on the ducts and cold packs treatment in the case of cancer of the stomach and uterus. Also apply north pole of magnet on the ducts for five minutes twice a day. It will dissolve the duct.
- (5) Take concentrated lukewarm water of iron, copper, silver and gold, three to four glasses, during the day. Boil 20 glasses of water and reduce it to 4 glasses.
- (6) Have only fresh juices of vegetables as mentioned on pages of fruits like grapes, pomegranate etc. Include juice of sprouted pulses, beet root, carrot and cabbage in the diet. Such a diet helps the patient to gain weight. Eat plenty of salads and honey.

(7) Take Acupressure treatment on all the points twice a day. Also give special extra treatment of two minutes on each point of endocrine glands – points nos. 3, 4, 8, 14, 15, 16, 25, 28 and 38 (in case of children). After the treatment is taken, take treatment on point no. 26 of kidneys also.

(8) Practise Pranayam regularly as often as possible.

(9) Take sunbath and if it is not possible, take blue light on the affected part of the body for eight to ten minutes.

(10) In case of cancer of the mouth, throat or stomach, first cure pyorrhoea if it is there, refer page 91. If the teeth are in a bad condition, have them extracted.

(11) For the first 10 days, drink pineapple juice as shown below :

Take a ripe pineapple, cut it into two halves horizontally, squeeze the juice of the half and drink it first thing in the morning and drink the juice of the balance half in the evening before sunset. If desired, honey can be added to the juice.

(12) Drink the extract of the following first thing in the morning (even before you take pineapple juice) :

21 leaves of bitter 'neem' with stalk.

21 leaves of 'tulsi' with stalk.

21 leaves of 'bilipatra' (7 × 3) with stalk.

This is a MUST in case of cancer of blood, bones, and brain and wherever to be used as blood purifier.

(Only if such leaves are not available, tincture of same is available at Homeopathic shops. Mix them in a bottle. Take five drops in half a cup of lukewarm water in the morning and evening.)

(13) After 12 to 15 days or when the patient gets very hungry (it is a good sign of recovery), give the patient three to four ounces of fresh curd, prepared in the following manner. In the boiled warm milk (preferably cow's or goat's milk) add 12/15 leaves of 'tulsi' and prepare the curd. If the patient is of 'pitt prakruti', give him this curd, adding a little powdered crystal sugar. For all other types of patients, this curd can be eaten with little rock salt or black salt in it. Such curd can be had three to four times a day, but before sunset.

(14) Eat roasted bitter gourd 'karela-(करेला)'. Treatment mentioned especially in 11 to 13 has been found effective even in blood cancer.

(15) Give the following combination of biochemic powder/pills :

Calc. Phos. 30 ×	1 oz
Kali Phos 30 ×	1 oz
Kali Mur 30 ×	1 oz
Ferrum Phos 30 ×	1 oz
Kali Iodide 30 ×	1 oz

(If Kali Iodide is not available in powder/pills, add its tincture in other pills/powder.) Give 2 grains of powder or 6 pills--thrice a day. After taking this medicine, do not take anything for 10/15 minutes.

In case of severe damage to any of endocrine glands, e.g. hypothyroid, same treatment as mentioned above for cancer is to be taken.

(16) We should not forget that cancer is the last warning of nature. Go back to nature and within a short period, you will be able to control and cure this dreaded disease. **It is likely that during the first 8 to 12 days, the patient may have nausea, vomiting or severe headache. He may refuse to take enema, etc. But continue the treatment.** Improvement will be observed within 15 to 20 days, and complete cure is assured within 45 to 90 days depending upon the stage of cancer when this treatment is started. Even if the cancer is in a terminal stage and cannot be cured, this treatment will reduce the unbearable pain the patient is suffering and the pain will subside.

(17) After recovery, take a balanced diet consisting of 50 to 60 % whole wheat and cereals, plus vegetables and milk products. Avoid salt. If desired, use rock salt or black salt. It has been noticed that people in Gujarat who have this type of diet do not get cancer of the stomach or intestine.

(18) This dreaded disease results from utter neglect and undue harassment of the body. Accept the result calmly,

forgive all, pray to God and take a vow to do only good deeds, to be of some help to others after recovery. Please note that prayers have more power than drugs. And last but not the least, have self-confidence and be cheerful.

(19) Get rid of bad habits as mentioned in the book "Health in your Hands" on page 192 (by the same author).

(20) If Allopathic drugs are taken, take Thuja 200–4 pills for 3 days. If rays and chemotherapy are taken, take treatment to remove excess heat as mentioned in chapter 9 page no. 123.

The following are forbidden : Processed and canned foods, salted pickles, frozen, jarred, bleached or refined foods, also coffee, black tea, tobacco, alcohol, spices, salt, hair dyes, pain relieving agents and drugs, chlorinated water and toothpaste, and temporarily (till the liver starts functioning well), cheese, eggs, fish, meat and milk.

To eradicate cancer from this world, its root causes namely, pollution of air, pollution of wheat, rice, barley, maize etc., – staple food – through inorganic manure and overuse of insecticides, excessive use of preservatives in canned and bottled fruits and food products, excessive use of tobacco, alcohol, sugar and coffee, meat etc., must be avoided. People can take care of themselves and prevent these root causes in their own interest, and with the help of Acupressure can give up their bad habits, and thus prevent cancer.

All types of cancer, including that of blood, have successfully been treated. Even patients, considered as incurable, were eventually cured with the above-mentioned treatment, given to them by their relatives in their homes and that too without any costs. Several such cases can be quoted; viz.

- (1) Mr. "A" was discharged from cancer hospital as his cancer of throat was considered incurable. He was in such agony that painkiller injections had to be given thrice a day. On the fifth day of treatment, painkiller injections were no more required. On the sixteenth

day, he started recovering his appetite and within 45 days, he was totally cured and resumed normal duties.

- (2) Mrs. "M" a wife of an M.D. tried several therapies for her loss of weight and failing stamina. At last an acupressurist was consulted. He diagnosed the problems as cancer of stomach. Treatment was started at home with her husband's permission. Within 60 days, she got cured and gained weight and stamina. Now, she firmly advocates Acupressure.
- (3) A college student, 19 years old, was so much disturbed with his problem that he started thinking of committing suicide. An acupressurist was consulted. He diagnosed it as a case of cancer of prostate. Without knowledge of any previous history of the case, he told the young man that he was in a practice of masturbation for a long time. With a treatment of only 40 days, the boy was cured. Now he intends to be a professor. He himself has become an ardent acupressurist and successfully treats patients.

According to this therapy, cancer is one of the easiest disease to be cured. The patients and their relatives need not worry. They only have to do the above-mentioned treatment.

Even when cancer has spread over 85–90% and the patient is in agony, this treatment will make his condition comfortable. The patient cannot be saved. But he meets a peaceful death.

Chapter – 8

THALESSEMIA

This dreaded disease is primarily found in children. When it develops further, and considered to be Thalessemia Major, the blood of the young patients has to be changed every 45 to 30 days. These patients require costly injections. And tragedy is such, that in spite of all these treatment, these patients do not survive long.

The root causes are mainly :

- (1) Children of parents who have Thalessemia Minor.
- (2) One of the parents is suffering from venereal disease, or has HIV infection.
- (3) The blood group of parents does not match.
- (4) In certain communities, there is intermarriage within the family.

On examining these patients, it is found that their digestive organs, stomach, liver, gall bladder are sluggish; their blood making vital organ of spleen is badly damaged, their endocrine gland of thyroid, parathyroid and sex glands are damaged which deplete the supply of calcium and phosphorus. Later on, even adrenal and pancreas glands are damaged and these patients even get diabetes. Under the popular medical therapy there is **No Cure**. The worried unhappy parents have just to watch their children suffer.

Acupressure can play an important role—first in early detection of this disease and then curing it within 60 to 90 days.

Early diagnosis : When any child looks pale or is not developing satisfactorily, just look into his/her eyes. These eyes will look pale whitish. At that time check for worms and, if necessary, cure it as narrated in chapter 5, page 73.

In case of Thalessemia, check point no. 37 of spleen, point no. 27 of stomach, points no. 22, 23 of gall bladder and

liver and point no. 8 of thyroid, parathyroid. And if these points are painful, it denotes Thalessemia. Thus even in small children, without exposing them to painful tests, this disease can be easily detected at an early stage.

Cure : Please read the previous chapter about cancer. All the possible treatment mentioned there for blood cancer is to be given to these patients, i.e.,

(a) 4 glasses of gold/silver/copper/iron charged water reduced from 16 glasses. In case of children below 2 years, give about 2 glasses of such water reduced from 8 glasses.

(b) Give 2 to 3 cups of green juice adding in each cup one teaspoonful of health powder + 1 tablespoonful of pure honey.

(c) 1 to 2 glasses of fruit juices.

(d) Plenty of green salad adding therein sprouted-mung (green Chinese peas), nuts and jaggery (जड़).

(e) Stop all salts and spices and food wherever possible. Also stop milk, chocolates, biscuits and bread made out of fine flour. If the child cannot remain on this diet, give well-cooked rice with curd—boiled vegetables and a pinch of rock salt

(f) 21 leaves of bitter neem

21 leaves with stem of tulsi

21 leaves (7 × 3) with stem of bilipatra or Homeopathic medicine as first thing in the morning and also such 5 drops in the evening. This is a powerful blood purifier and found very useful in blood cancer.

(g) When the child gets very hungry give two to three cups of curds adding crystal sugar, if desired or a pinch of salt, whichever is found to be suitable.

(h) Take Blue light on stomach for five minutes and five minutes on back, neck and spine twice daily. This will revitalise these organs.

The mixture of powder/pills of the following Biochemic medicines—

Cal flour	$12 \times \frac{1}{2}$ oz.
Cal. Phos	$12 \times \frac{1}{2}$ oz.
Ferrum Phos	$12 \times \frac{1}{2}$ oz.
Kali Phos	$12 \times \frac{1}{2}$ oz.
Natrum Mur	$12 \times \frac{1}{2}$ oz.

is to be made and $\frac{1}{2}$ gram of powder OR 3 pills of this mixture is to be given thrice a day for 45 days. Stop medicine for 15 days and if necessary, repeat.

If worms are found, give treatment for the same as mentioned on page 76. Further to improve digestive system give Nux Vomica 200 4 to 6 pills once a week

Nux Vomica 12 or 30 3 pills twice daily

Moreover, the following treatment is a must for these patients :

Take black dried raisins (काला मनुका) as may be required daily. Soak them in half a cup of water overnight. Eat these black raisins as mentioned below and drink the water.

	Morning	Afternoon	Evening
1st day	1	1	1
2nd day	2	2	2
3rd day	3	3	3
4th day	4	4	4
5th day	4	4	4
6th day	4	4	4
7th day	3	3	3
8th day	2	2	2
9th day	1	1	1

Check the level of haemoglobin in the blood. If necessary repeat as above after nine days and continue in the same manner, till the haemoglobin level is satisfactory. This treatment can also be given to all patients of cancer. TB, paralysis, arthritis, brain problems and in case of acute anaemia and to all children, with haemoglobin deficiency.

In case of breast-fed patients, the mother has to take the treatment.

This treatment has been found successful and blood transfusion is stopped within 40/60 days. This treatment may be continued for 120 days, but proper care about diet should be taken afterwards.

Chapter – 9

AIDS

Acquired Immune Deficiency Syndrome is popularly known as AIDS. It is the most serious stage after one gets HIV infection. However that stage does not come overnight. It has been found that after one gets HIV infection, it takes 2 to 12 years before this stage is reached – when rare illness of opportunistic diseases like Pneumocystis Carinii Pneumonia – called PCP and Kaposi's Sarcoma, etc. occur in the body.

As AIDS is not cured by antibiotics and other drugs available to present medical science, the doctors are baffled and so the world is frightened by this dreaded epidemic. According to information, in 1993, 1.5 million people in the U.S.A. are affected by AIDS. + 1 to 2 million people are feared to have HIV infection which is the causative agent.

	HIV	AIDS
U.S.A.	14,95,000	53,400
West Europe	11,96,000	27,900
East Europe	44,000	9,000
Latin America	14,07,000	4,17,000
Africa	1,14,9,000	32,77,000
Asia	13,00,000	2,56,000

And this disease is spreading to other countries of the world.

The spread of this disease has created another big problem of how to provide care to the increasing number of infected people. Many doctors refuse to treat such patients. Thus AIDS has become a big dilemma and threat to mankind.

It is surprising to note that like cancer, AIDS has not been understood properly and so proper treatment is not being given. It is accepted that this disease develops after getting Human Immunodeficiency Virus (HIV) infection, which attacks the white cells of blood, and in the fight against HIV,

more and more white cells are destroyed; thus damaging the immune system of the body. When such white cells become less than 200; AIDS is confirmed and no cure for same has so far been found out. At this stage, the patient gets infectious illness of PCP and Kaposi's Sarcoma, etc. Slowly and steadily, it becomes fatal.

HOW DOES ONE GET HIV INFECTION?

In order to understand this problem, one must study how one gets HIV infection and how such infection develops into AIDS. It is now accepted that one gets such HIV infection through the body liquids of the affected person, i.e. blood, semen and saliva. It is not contagious and so one does not get it, by shaking hands or kissing the patient. And so there is no chance of being infected by HIV, while treating these patients affected with HIV infection and AIDS. One gets such HIV infection through :

Blood Transfusion :

1. All the blood collecting agencies of the world must take precaution to test the donor's blood.

2. Only in emergency cases and when all other treatments have failed, should surgery be resorted to. This will minimise the need for blood transfusion.

3. Use of needles : (i) All medical practitioners using needles for giving injections MUST ensure the use of disposable needles. They should sterilise the needle before reuse.

- (ii) Because drug addicts often use the same needle, HIV is widely prevalent among them.

Cure for drug addiction, as mentioned below has been found effective and should be widely propagated.

HOW TO STOP DRUG ADDICTION?

- (1) Continue the treatment for two minutes three times a day on the point showing the figure on both the sides of the head. See fig. 58.

(2) Give general treatment together with two minutes treatment each on endocrine glands at least thrice a day.

(3) Give two glasses of gold / silver / copper / iron charged water reduced from six glasses for one month. Then give two glasses of this water reduced from four glasses for a further two months.

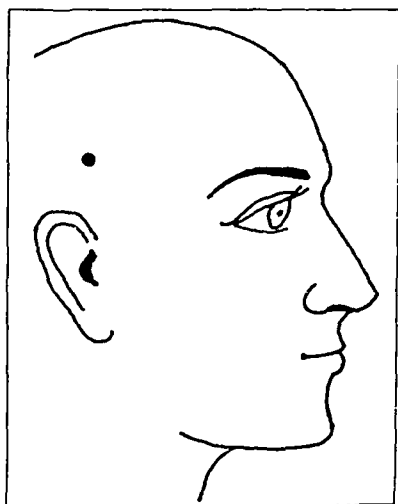


Fig. 58

(4) The craving for drugs will be greatly reduced within 15/20 days. Then only can the patient be asked to stop the drugs. Meanwhile the quantity of drug may be reduced progressively.

(5) Give the patient two to three cups of green juices and one to two glasses of fruit juices daily.

(6) During the three months' treatment, give blue light on the head and the spinal cord for five minutes each twice a day. (see fig. 33)

"One young man aged 22, had been taking drugs for about six years, had also the habit of masturbation. He started the treatment. After 20 days, he stopped taking drugs. Within 45 days, his masturbating habit had considerably decreased. He became an ardent follower of Acupresure.

(b) Strict warning must be given to such addicts that they will not be given any health care; if they get HIV infection.

(c) All the governments should agree to give death penalty to all the persons found to be dealing in drugs. The very root cause has to be eliminated.

Thus one of the main causes of AIDS can be controlled.

Sex Abuse :

Another cause of HIV infection is **Sex Abuse**. It must be noted that sex is a fragile toy. If the child does not take care while playing with it, the toy will break and the child will cry to escape the punishment. Society of gay people—homosexuals and heterosexuals behave like a child playing with this fragile toy of sex. These people should be strictly warned, that they should change their sexplay—stop oral sex and anal sex—so that HIV infection does not spread any more. Moreover, they should be given a warning that they would not get any health care. Society cannot pay for their sex abuse. It is high time, to investigate why one becomes homosexual and wherever possible, preventive measures should be taken.

Secondly, all heterosexuals with HIV should be sterilised, so that they do not spread this disease to their children through their wives. These people should get HIV Test and MUST have safe sex till they are declared negative. Wives of these heterosexuals must be given rights to get (a) immediate divorce and (b) proper compensation; if it is found that they got HIV from their husbands. Any pregnant lady, suspecting HIV should get HIV Test and terminate pregnancy, if found to be positive. The couple suffering from HIV can adopt children—but cannot be allowed to produce children with HIV.

UNDERSTANDING AIDS :

To understand this disease more easily, let us consider our body as a fort—a castle—with seven gates—which are the endocrine glands. Blood and saliva are the pipelines. Now, the HIV infection is an unknown enemy. He gets into the blood stream damaging the supply line of nutrition and central power house (brain). By the time the enemy is known, the damage is too much—but not beyond cure. At this stage, under the popular treatment, bombardment of antibiotics and heavy drugs is made inside the fort. Consequently, there are fires (ulcers in stomach—mouth etc.), even the pipelines are damaged and so necessary supply of nutrition

starts getting depleted. Consequently, the defence immune system of the body becomes weak. A vicious cycle starts—The first gate to be damaged is of the thyroid/parathyroid (depleting the supply of calcium), the second one will be sex-gonads glands, in case of sex abuse—(affecting phosphorus supply); the third gate to be damaged will be the lymph gland, as it is taxed from two fronts—on the one hand it has to fight the toxin of HIV infection, on the other hand, it has to work more to remove excess dead cells dying daily, thus the immune system becomes weak.

But as the vicious cycle continues with more and more bombardment of heavier, powerful antibiotic drugs that are administered—which only damages more and more houses inside the fort—(more organs are damaged—setting in of more and more infectious diseases) slowly and steadily, the other gates become weak. Even the people in the fort get annoyed with such bombardment and may stop their cooperation i.e. internal immune system stops functioning. It is a well-known fact of science that when the internal force is reduced—like air from a tin box—the outside force (air) will crush it. The same way, infectious diseases attack the body from all the gates. The weakened defence force cannot fight on all gates. One by one, the gates are lost and eventually the battle is lost—as the vital pipelines are cut off, most people with Kaff (कफ) temperament get infected with PCP and some people with Pitt temperament (पित्त) get infected with Kaposi's Sarcoma.

The best way to win this battle against HIV infection and prevent development of AIDS is to empower the gates—(activate the endocrine glands) protect the pipelines (purify the blood), activate the defence immune system and proper lights to be arranged in all the dark corners (activate all the organs) of the fort—so that this enemy cannot hide. He has to run away.

DEVELOPMENT OF AIDS FROM HIV INFECTION :

Here such patients can be divided into two categories.

1. HIV Infection due to sex abuse : In this case the thyroid/parathyroid, sex glands (gonads), may be adrenal gland and lymph glands and liver are already damaged.

Moreover, these patients do not change their lifestyle and so when drugs are administered blindly, excess heat is created. This leads to ulcers, more damage to the liver—reducing its capacity to create more bile to control acidity and the bacteria and a vicious cycle develops in such a way that with every extra dose of more powerful drugs and antibiotics, more and more infectious diseases develop and within two years or less, AIDS stage is reached.

2. HIV Infection is a result of casual unsafe sex or blood transfusion in a normally healthy person : Here it takes from three years to twelve years before AIDS stage is reached.

Now let us see how AIDS develops. When one gets HIV infection, the immune system of the body puts up a spirited fight. The first gland to be affected is thyroid/parathyroid, which leads to deficiency of calcium and iodine in the body.

As all the endocrine glands are interconnected, the next gland to be damaged is the sex gland/gonad, which controls the digestion of phosphorous in the body. When these two glands do not function properly, the internal heat of the body is reduced; reducing the hunger and which leads to the creation of excess water in the body—leading to frequent colds & sinus for which antibiotics/drugs are administered, this consequently leads to production of more $H +$ in the body. Consequently the liver is damaged. This leads to candidiasis. The mouth and esophagus are the most common sites in such HIV patient. This leads to ulcers in the mouth and rectum leading to chronic mucocutaneous or disseminated herpes complex virus infection.

Sometimes, the body tries to remove excess heat by creating loose motions which is considered as chronic cryptosporidiosis. And as the body is not supplemented with proper nutrition, the vital supply of nutrition is damaged.

Later on, adrenal gland is damaged, and it damages proper oxygenisation in the body. Together with this, sinus-cold affects the lungs; and this leads to cytomegalo virus infection. As lungs are damaged, proper supply of purified blood to brain is affected and damages the vital –

(a) pineal gland – which leads to cryptococcosis, a fungal infection that causes meningitis.

(b) And damage to pituitary gland – leading to damage to optic nerve – toxoplasmosis, damaging eye sight.

Meanwhile, the life style is not changed, nor the endocrine glands (which create hormones – which work as antibiotics) are activated, lymph gland has to overwork; it has to work to remove the daily dead cells and also to remove more and more white cells dying in the fight against HIV infection. As the lymph gland is tired and functions less, more and more toxins gather in the body damaging the kidneys.

During this process, a period of three to twelve years, as the drugs antibiotics are not effective, not only does the body create resistance against them, but also they help the infection to flourish.

Consequently, the tired endocrine glands stop functioning, and the whole immune system stops functioning. Thus, AIDS starts and most of the patients – 80 % PCP owing to gathering of more mucus in the lungs and rest get Kaposi's Sarcoma – eruption of excess heat from the body. And even at this stage as no effective medicines are given, the rare infectious diseases become fatal.

It's a fact that HIV – AIDS is not properly understood. Even though the vital endocrine glands play an important role in the immune defence system of our body; it is a pity that their functioning is not properly understood and so it has not been possible to control them. Moreover, as this HIV infection affects the white cells in the blood, and therefore, necessary steps should be taken to detoxify and purify the blood, but this is not done. And so more and more unwise use of powerful drugs and antibiotics acts only to lead the HIV patient to become the victim of AIDS.

One must know that heavy dosages of antibiotics or other drugs have not been effective so far and it is high time, alternative medicines are tried. Even the experts on AIDS have admitted that in some cases, the treatment of alternative medicines has been found effective. There are several instances, around California where the patients after trying unsuccessfully the popular allopathic treatment, have tried alternative medicines, nature cure and Chinese drugs, etc. and the positive HIV Test has become negative.

Surprisingly, Acupressure can play a great role in early detection, then prevention of HIV infection to develop into AIDS by curing it within eight to twelve weeks; and then CURING even 50 to 70 % of patients of AIDS.

DIAGNOSIS :

Acupressure can play an important role in the early detection of HIV infection. In blood cancer, the degeneration of the blood is a slow process and only after the other digestive organs and endocrine glands are damaged, the spleen—the producer of blood—is affected so there is a pain on its point no. 37 on the left palm or sole, along with pain on points no. 27, 28, 22, 23, 8 and 11 to 15 also.

Now, in case of HIV infection, it affects the blood—so even when a person looks healthy, one would find pain—hurting on point of spleen no. 37 and may be on the point of lymph gland which has to overwork to fight out infection. Thus when there is hurting—uneasy pain on points of spleen (no. 37), and thyroid/parathyroid (no. 8) it can be an indication of HIV infection. In cases where HIV has advanced, there will be pain even on point no. 16 of the lymph gland.

In case of HIV patients with sex abuse, there would be pain even on points no. 11 to 15 of (gonads)—sex glands and on point of adrenal (showing excess heat in the body) no. 28. In case, these patients have diabetes, the disease develops rapidly.

CURE :

Once HIV infection is located, the treatment must be started immediately. The whole body has to be treated and not the symptoms. One important thing the patient **MUST** follow is to stop the root causes by which one gets HIV infection. For example, when a plane is ready for take off all other systems are closed, till it is airborne, one must stop all the activities which would burden the organs—especially the digestive organs and endocrine glands. Treatment will be as follows :

(1) Stop taking all foods, also milk, tea, coffee and tobacco, thus preventing toxins coming into the body. Also stop taking salt, meat and fats and liquor.

(2) To empower the life battery and functioning of all organs of the body, drink four glasses of gold/silver/copper/iron charged water—reduced from 16 glasses of water. (Method to prepare such water is given in chapter 3 page 55 of this book.)

This water works as an antibiotic—(without any side effect) and peps up all the organs.

(3) To detoxify the body, change in diet is utmost necessary.

(a) Give two to three glasses of fresh fruit juice—pineapple juice is found to be very effective.

(b) Give three to four cups of green juice—extract of leafy vegetables—sprouted Chinese greenpeas, etc. cereals, raddish—carrots + ginger + Amla (concentrated Vitamin C). In one cup of such juice add 1 tablespoon of pure honey.

(c) Patient can eat as much green salad and as many fruits as he may desire.

(d) Give daily enema of lukewarm water adding to it 2 teaspoonfuls of coffee powder and castor oil for 15/20 days. This will purify the anus—and large intestines.

(e) Give an extract of

21 leaves of bitter neem tree with stem.

21 leaves with stem of holy basil (Tulsi).

21 leaves of Bilipatra (Eagle Mar)

daily with honey.

This has been found very effective in purifying the blood. Where fresh leaves are not available, one can take five drops of extract of these three types of leaves (a Homeopathic medicine) twice a day.

(f) Stimulating all the organs and endocrine glands by giving 5 + 5 minute pressure on points of both the palms and then one to two minutes pressure on all the points which are painful and on all the points of all the endocrine glands—thrice a day.

(g) In case of female patient, vaginal douche has to be given twice for the first 15 days and then once a day. see fig. 57.

(h) Abstinence from sex for 45/60 days.

(i) The body can be supplemented with biochemic salts of (mixture of) pills/powder

Cal. Phos 30 × (1 oz)

Kali Phos 30 × (1 oz)

Kali Mur 30 × (1 oz)

Ferrum Phos 30 × (1 oz)

Kali Iodide 30 × (1 oz)

(If Kali Iodide is not available in powder/pills form, add its tincture in other pill/powder. Give two grains of powder or six pills—thrice daily). No eatables for 15 minutes before and after taking this medicine.

In case of patients who have already developed AIDS treatment to remove excess heat (as mentioned below) is to be given. First treatment for 15 days should be given then treatment should be stopped for 10 days and then again treatment be given for 15 days. This will control fever if any. In case of fever, give as much warm water to drink and treat as shown in chapter 2 for fever.

Deep breathing—Pranayam, with Linga Mudra & Pran Mudra for PCP. (refer chapter 3).

Shitli & Varuna Mudra for patients of Kaposi's sarcoma.

Blue light on the whole body + urine therapy should also be tried for faster results.

Thus, within eight to twelve weeks, the HIV infection will come under control and ELISA TEST will become negative. **Thus HIV can be prevented from turning into AIDS.**

Moreover, the same treatment could be more effective, even, on patients of AIDS.

TREATMENT FOR AIDS :

Now AIDS patients have two main diseases; PCP and Kaposi's Sarcoma.

PCP. : The above treatment is very effective.

(1) To remove Eosinophilia from the blood, they should take the following for 15 to 20 days.

After sunrise, take half a teaspoon of half ground Bishops seeds (अजवाइन), soak them in lemon drops for at least two hours and eat the same before sunset.

(2) Lie down on back. Ask someone to pour one to two tablespoonfuls of honey in mouth in such a way that it goes directly into the throat.

(3) They should first take red /orange light for two to four minutes on chest – both lungs and back. Then blue light for five to ten minutes twice a day. Stop taking light, when heat is felt.

(4) They should do Sun Mudra, Linga (Shiv) Mudra and the Pran Mudra. (Refer chapter 3)

(5) Do the following twice a day when under an attack of breathlessness :

Press hard on the back, on the points shown in figure 59 for ten seconds and pause. Repeat for few minutes.

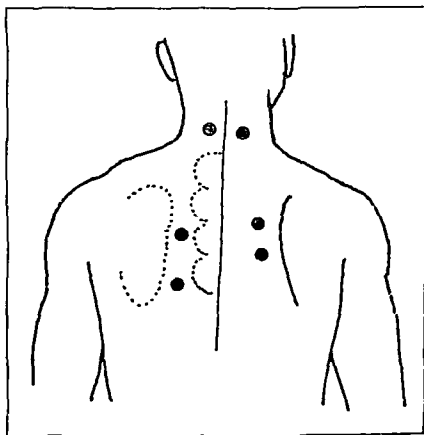


Fig. 59

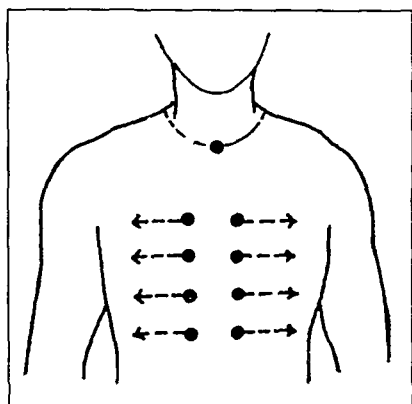


Fig. 60

At the same time, ask the patient to rub from the middle of the chest to the sides for two to five minutes. Also give treatment for one minute on the point shown below the neck. (See figure 60)

This pressing and rubbing on the chest is also very useful and effective at the time of attack of asthma.

It may be noted that during this treatment, cold will increase, that is a positive sign of recovery. In that case, drink hot/lukewarm water, reduce food/take more of fruits/green juices enabling the body to throw out excess water and toxins from the system.

Breathlessness : Press on the points on the back and rub on the chest as shown above fig. 59 & 60. Also do Sun Pranayam.

Kaposi's Sarcoma : Remove heat as mentioned below :
For removing excess heat from the body :

(a) Take one teaspoon of Haritki Churna (Harde Powder—Powder of Terminalia Chebula Retz) first thing in the morning + 1/2 teaspoonful of sugar for eight to ten days continuously, then twice a week. This will also keep the bowels clean.

(b) Take powder of 15 black pepper (काली मिर्च) + 2 teaspoonfuls of crystal sugar. Blend them in 1½ glass of water and drink all the first thing in the morning for 15 days. After 15 days, 5 almonds in blending and drink for further 10 days. This is very useful even in jaundice, psoriasis, sunstroke, etc.

(c) Take five black peppers (काली मिर्च) + 10/12 black raisins (काला मनुका) + 1 teaspoonful of Saunf. Soak them in one

glass of water in the evening. The next day, blend them and drink it in the afternoon. It's a useful drink in summer.

(d) Take equal quantity of cumin seed powder (जीरा), black pepper (काली मिर्च), saunf, amla powder, crystal sugar (मिस्त्री), ginger powder (सुंठ). Grind them together and keep in a bottle. Take one teaspoonful of this powder with water in the morning and evening.

(2) Apply green juice and pulp of vegetables on the skin and give blue light on the same for five to ten minutes twice a day.

During this treatment drugs are to be stopped gradually in four to six days, and four pills of Thuja 200—(a Homeopathic medicine) may be taken once a day—for three days. This will counter the side effects of drugs taken previously.

It may be noted that this treatment is harmless (no side effects), does not cost much and could be easily taken by the patient or can be given to the patient by his/her relatives at home. I have received wonderful results in all types of cancer—HIV and has been found that this treatment is effective in at least 60 to 75 % patients of AIDS.

Prevention—The first cause of HIV infection—i.e. through blood can be prevented by the medical people. And the patients of drug addiction can be given treatment and warning. Thus, this cause can be also eliminated.

Another cause is sex abuse : It may be possible to treat homosexuals and heterosexuals as patients. And if proper treatment is given, they may become normal.

Safe Sex : When a male is aroused of sex desire; he is not able to use his discretion to use condoms and have safe sex. The following treatment will enable the person to have self control and so safe sex.

Control—Take a rubber ball of about 2" diameter—like a tennis ball. Place it under the seat between anus and testicles when loose clothes are worn. Sit on the ball for 5 to

10 minutes twice a day. This method can be tried by women also and is very effective in leucorrhoea. See fig. 61.

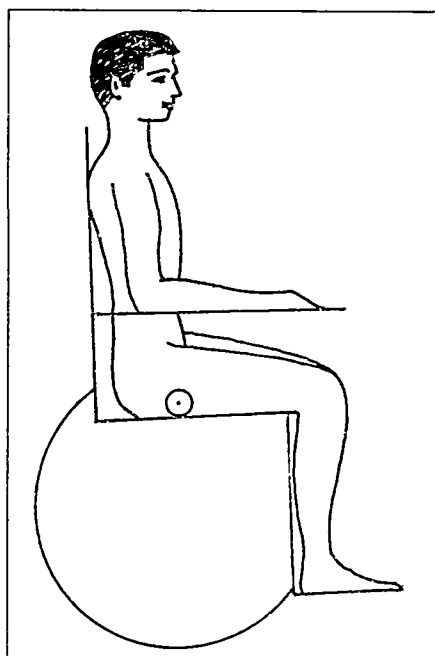


Fig. 61

How to increase spermatozoa in the semen :

- (a) Abstain from sex
- (b) Keep control as mentioned above.
- (c) Drink two glasses of gold/silver/copper/iron charged water reduced from four glasses.

(d) After 15 days of the above treatment, take one dry fig and one dry date. Cut them into small pieces and soak them in one cup of water. Next day morning drink this water; chew the small pieces of fig and date. And drink one cup of hot milk with one teaspoon of crystal sugar and one cardamom. Within three to six months the sperms will increase to normal level.

The above treatment can also be taken by childless couples. After four to six months of treatment and in more than 75% cases, they will be blessed with a child.

If the growing youths are taught the treatment of acupressure from the age of ten to twelve, they will be able to control themselves and refrain from sex and drug delin-

quency. Moreover, they can be taught the above method of self control.

It is high time to pause and think. Sex is a great pleasure, but care should be taken in its indulgence. In nature, it comes in a natural way. Animals have self sex control. On the one hand, sex is exploited and then a complaint is made of sex abuse. In case of diabetes, self control is advised. Excess use of sugar/sweets for diabetic patients is dangerous. Then why not there be self restraint for sex?

It may be noted that popular medical treatment has failed to prevent the cause of diabetes, cancer and AIDS. Let's go back to mother nature and try natural therapies. Results will be wonderful and there will be health and happiness in the world.

If mankind desires to survive from the dreaded diseases, one *must* go back to nature and accept its health sciences.

Man must realise—reconsider the whole aspect and make amends to wife and children who have been forcibly made victims of HIV infection and AIDS. It should be accepted that sex abuse is a disease like drug addiction and proper treatment for the same must be started at once on a war footing.

It may be noted that in underdeveloped countries, sex is one of the major attractions for pleasure. And sex is being provoked more and more through cinema, magazines and TV. It is possible that if all the people are medically examined, it may be found that HIV has reached alarming levels. And if proper steps are not taken at the earliest, it would spread like a wild fire and can become a great danger to life on earth.

I, therefore, suggest the following :

1. A team of young volunteers of students of university + trained nurses + dedicated social workers + retired professors and teachers is to be created and trained in Acupressure. Such a training can be completed in 12/16 hours only by reading my book

“Health in Your Hands” at least twice and making note of what they have not understood. Such training camps can be arranged at few important centres in each country.

2. After training in Acupressure is completed, free health camps should be arranged in the maximum number of centres and it must be made compulsory for all the families to come for check up. They will be checked up thoroughly and proper guidance about the treatment will be given to them for not only HIV, but all types of diseases.
3. A small booklet about HIV should be prepared in local languages and given to each family.
4. All the females engaged in commercial sex should be checked up and proper treatment would be suggested. They should be taught how to use vaginal douche everyday.
5. All the females found to have such infection should be given treatment and shown the use of vaginal douche.
6. All the youths should be made aware of the dangers of free sex and its consequences. They should be taught to control sex desire which is possible. And condoms should be made freely available.
7. The volunteers should visit each family in pairs and examine all the members and teach them how to take Acupressure treatment at home.
8. In this work help of local nurses should be taken. They will be able to show and teach use of vaginal douche.
9. The affected patients should be convinced and persuaded to come to health centres every 15 days. In this health centres, provision should be made to supply charged water.
10. All positive patients of HIV must be strictly warned about the grave consequences and be given thorough

treatment for two/three months till their infection is cured.

11. The affected children should be given treatment for three months. State should provide them fresh fruits and black raisin (काला मनुका) which are a must to combat their Thalassemia.
12. Retired professors and teachers should be included in the training camp and later on they should be given charge of health centres where training can be continued.

Thus, if such action is taken on a war footing, not only HIV but even cancer, cataract, asthma, diabetes and other diseases will be cured and controlled. In short, within a period of only 24 / 45 months, health is guaranteed to all.

13. The cost involved is very negligible. Benevolent organisations and social organisations like Rotary, Lions, Giants International clubs can assist. Even the health department of all the Governments can contribute.

On my part, I am willing to train 300 to 1000 volunteers in each centre, to supervise such health camps and give them expert guidance whenever necessary—free of charge.

In this prestigious project, the local newspapers and magazines can play an important role. Wherever possible the use of the powerful medium of TV, seminars and demonstrations should be made. Video cassettes can be prepared for the layman.

Prevention : Now, to prevent this, it is advised that the girl or her parents should check up the left palm of the suitor or future bridegroom and verify :

(a) If there are half white moons in the nails see fig. 2 :

If the white moons are absent, or very low, it is possible that the suitor has damaged his semen and may not be able to satisfy his wife.

(b) Press point no. 37 of the spleen. If there is even a slight unpleasant pain, it could be due to HIV infection.

In such cases, it is advisable to get proper medical certificate before entering into engagement and then marriage so as to lead a happy, healthy and blissful life.

Chapter 10

CONCLUSION

Dear Readers,

During last fifteen months, I have been able to locate such HIV in about eight hundred families—i.e. about 2500 persons. With proper treatment, this disease comes under control.

Acupressure has benefited not only about 2,00,000 patients who have visited our free Acupressure centre but more than 25 million people in India. Moreover, this therapy has been tested by more than 600 medical practitioners for their own problems. Many of these medical practitioners have ordered my book for reference and practice. This itself proves the efficacy of this “Do It Yourself” therapy of acupressure.

This health science of nature—Acupressure is the only therapy which gives protection against almost all diseases. Its diagnosis is equal to that of MRI (Magnetic Resonance Imaging) tests and that too instantly and totally costless. It is able to cure all types of diseases.

It is high time the mankind reconsiders. If they desire to survive from these fast spreading diseases, they have no alternative but to surrender to nature and accept its therapies.

This Nature’s ‘Do It Yourself’ Acupressure therapy itself is a science and not a matter of belief.

Dear reader, you know that this treatment does not cost you any money. Moreover, it is harmless. It has no side-effects. Therefore, as a sensible person desiring good health try this therapy sincerely and regularly for at least 15 days and observe its wonderful and amazing results. **Health is the birth right of mankind and it can be achieved very easily. Very shortly you will become your own doctor and a firm**

believer of "Your Health Is In Your Hands". At the time of pressing your palms or soles, please thank the great power, the Supreme God, who has installed this wonderful system of self-cure in your body.

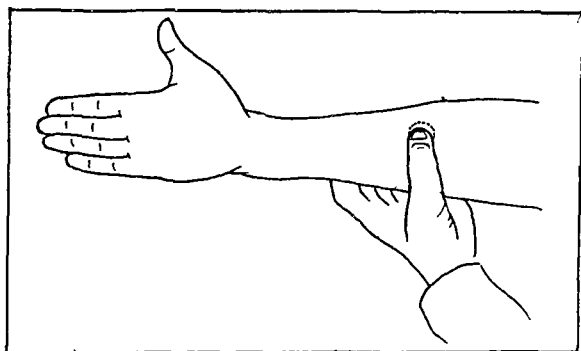
Clarification for all foreigners – Non Indians

Rishis	=	Ancient Yogis-saints
Injection	=	shot
Peg	=	short
Gram flour	=	flour of a pulse called gram
Sudarshan Powder (सुदर्शन चूर्ण)	=	A bitter Ayurvedic Powder
Harde/Haritki (हरडे/हरितकी चूर्ण)	=	Powder of Terminalia chebula Retz-an Ayurvedic medicine.
Kayfal (कायफल)	=	N. O. Myricaceae
Bilipatra (बिलीपत्र)	=	Eagle Mar
Neem (नीम)	=	Azadiracta Indica.
Tulsi (श्वामतूलसी)	=	Ocimum centum
Amla (आमला)	=	Embalica – an Indian fruit (having concentrated vitamin C)
Nux Vomica } Thuja }	=	Homeopathic medicines
Cal. Phos + Cal. Fl. + Kali } Phos + Nat. Mur + Kali } Iodide }	=	Biochemic medicines

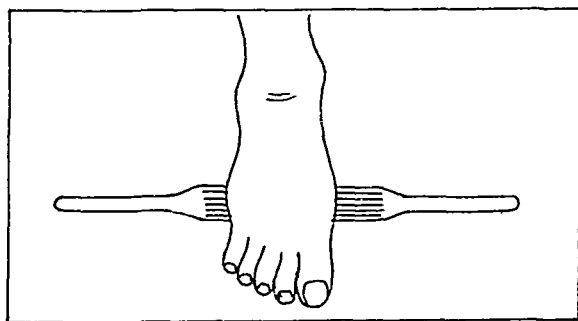
(All Homeopathic & Biochemic medicines are available in any Homeopathic Drug Store/Pharmacy.)

DO THIS DAILY

- (1) Press your two palms each for 5 minutes—on front and back.
- (2) If, over 40 years, press for 2 minutes the middle of right arm. See fig. below.



- (3) Then on all points where it pains, give treatment 3 times a day for 2/minutes on each point like pumping.
- (4) In the evening, while sitting in a chair, roll your soles of the legs on a roller. See fig. below.



- (5) Make a habit of drinking :
 - (a) One glass of hot water-preferably as first thing in the morning.
 - (b) Drink one glass of green juice adding 1 table-spoon of honey.
 - (c) Drink one glass of fresh fruit juice.
- (6) Correct Solar plexus and avoid constipation.

**BEFORE STARTING TREATMENT
PROPER DIAGNOSIS
IS A MUST**

NOW YOU CAN
DO SUCH DIAGNOSIS
in your Home without
TESTS & COST

Read this Masterpiece Book

**FIND OUT
YOUR FRIENDS**

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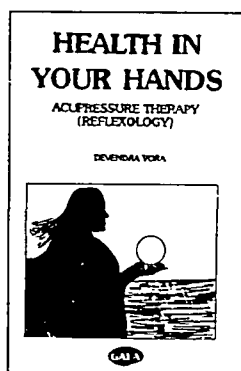
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